

INSTRUCTIONS FOR COLONOSCOPY

(USING Miralax-Gatorade and DULCOLAX)

READ ALL INSTRUCTIONS CAREFULLY

REPORT TO:

Pacific Gastroenterology Endoscopy Center, 26421 Crown Valley Pkwy. # 140B, Mission Viejo

Date _____ Arrival Time _____

PURCHASE the following for your bowel preparation before your colonoscopy:

- Four Dulcolax® laxative tablets containing 5mg of bisacodyl each (NOT Dulcolax stool softener).
- One 8.3-ounce bottle of MiraLAX® (238 grams) or generic equivalent.
- Two 32-ounce bottles of Gatorade®. (NOT RED).
- **People with diabetes should use Gatorade G2®. (NOT RED).**

- 1) If you are taking Iron pills, please stop this for three days before your procedure.
- 2) If you are taking **blood thinning medicines like Coumadin (Warfarin), Pradaxa, Xarelto, Brilinta, Effient, Eliquis, or Plavix**, please consult your doctor. You may need to stop these medications for up to 7 days prior to your procedure.
- 3) **Do not eat any seeds like popcorn, multigrain bread, sesame, granola bar, corn for one week** prior to colonoscopy.
- 4) **Day Before Examination**
 - Drink only “clear liquids” for breakfast, lunch, and dinner. Solid foods, milk or milk products are **not** allowed.
 - “CLEAR LIQUIDS” INCLUDE:
 - ⇒ Strained fruit juices without pulp (apple, white grape, lemonade)
 - ⇒ Water, Clear broth or bouillon
 - ⇒ Coffee or tea (without milk or non-dairy creamer)
 - ⇒ All of the following that are **not** colored red or purple
 - ◇ Gatorade, Carbonated and non-carbonated soft drinks
 - ◇ Kool-Aid (or other fruit flavored drinks), Ice popsicles
 - ◇ Plain Jello (without added fruits or toppings).

5:00 pm:

- Take 4 tablets of Dulcolax (Bisacodyl) tablets with water. Do not chew or crush. Bowel movements should occur within 1– 6 hours.

The bowel preparation solution will be consumed in two parts (one part on the evening before colonoscopy and the second part on the day of colonoscopy).

Mix 1/2 of MiraLAX bottle (119 grams) in EACH 32-ounce room temperature Gatorade bottle until dissolved. Keep cool in the refrigerator. **DO NOT ADD ICE.**

Evening (7 pm) on the day before colonoscopy:

- Drink 32 ounces of the mixed solution by drinking an 8-ounce glass of bowel preparation every 15 minutes for a total of four glasses.
- Starting fifteen minutes later, drink at least another 16 ounce of any clear liquid over a period of half an hour, like an 8-ounce every 15 minutes.
- Bowel movements usually begin within 1 hour of drinking the first dose (32 Ounce) of Miralax-Gatorade solution, but it may take longer for some people.
 - Do not worry if you do not start having bowel movements after drinking the first half of the MiraLAX. Continue to drink liquids and start the second half of the MiraLAX as instructed.
- You may put petroleum jelly (Vaseline®) or A & D® ointment on the skin around your anus after every bowel movement. This helps prevent irritation.
- You may continue to drink clear liquids to stay hydrated and flush out your colon.

5) Day of Examination:

Morning Dose of Laxative: (Four hours before your colonoscopy arrival time):

Do not skip this dose even if you think your colon is clean enough.

- Take the other 32-ounce bottle of mixed solution and drink an 8-ounce glass of bowel prep every 15 minutes for a total of four glasses.
- Starting fifteen minutes later, drink at least another 16 ounce of any clear liquid over a period of half an hour, like an 8-ounce every 15 minutes.
- You may continue to drink clear liquids up to **two hours** before your arrival time at the Endoscopy Center. That means nothing by mouth for **two hours** before your arrival.
- Please eat **NO BREAKFAST**. DO NOT DRINK COFFEE on the morning of your examination as this makes the content of the colon look darker/blackish.

6) MEDICATIONS

- (a) **Evening prior to your examination:** Take any of your usually prescribed medications **more** than two hours before or two hours after you take Miralax. This is to decrease the chance of your medications being washed out of your intestines before they can be absorbed.
- (b) **On the morning of the procedure:** Take all your usually prescribed medications with water before 6 am. If you are a **DIABETIC**, please discuss with your doctor scheduling this test, what you should do with your insulin on the morning of the procedure.
- 7) You will probably require some medication by vein for the procedure to relax you. This medication may make you sleepy for a few hours. If you receive this medication you will be required to remain here at the Endoscopy Center for about 30 minutes after the procedure is completed for observation.
- 8) If you receive this relaxing medication by vein, you cannot safely drive yourself home after the test. Therefore, plan on having someone bring you to the Endoscopy Center and return you home after the procedure. Likewise, you should not plan on operating any heavy or dangerous machinery until the day after the procedure.
- 9) Wear loose comfortable clothing. Please wear or bring a pair of socks with you



If there are any questions regarding the procedure or its scheduling, please call our office at (949) 365-8836.