

MIRALAX/GATORADE PREPARATION FOR COLONOSCOPY

Please read these instructions carefully and call the office if you have any questions
Idaho Gastroenterology Associates, Boise office 343-6458, Meridian office 887-3724

PURCHASE AT THE PHARMACY:

- 2 Dulcolax (bisacodyl) 5mg tablets
- 238 gram bottle of Miralax (non prescription)
- 64 ounces of Gatorade, no red colored flavors.

FIVE DAYS PRIOR TO YOUR PROCEDURE:

- Stop all anti-inflammatory medications including aspirin, ibuprofen, Motrin, Aleve, naproxen, Naprosyn, sulindac, piroxicam, Feldene, indomethacin, diclofenac, and Voltaren. Tylenol (acetaminophen) is safe to use in place of the above medications.
- If you are taking Coumadin, Plavix (clopidogrel), Pradaxa or other blood thinners please contact our office to determine if and when you need to stop these medications. An office visit is required prior to procedure to discuss these anticoagulants.
- Stop all fiber supplements including Metamucil, Citrucel, Benefiber, FiberChoice and flax seeds.
- If you are diabetic and use insulin, please contact our office for insulin instructions.
- PLEASE call our office if you have any questions about which medications you should or should not take.
- 3 days prior to your exam please avoid nuts and seeds.

ONE DAY PRIOR TO YOUR PROCEDURE:

- Take only clear liquids by mouth. This includes clear juices (apple, grape, strained orange, strained lemonade), tea, coffee (no milk or creamer), soft drinks, sports drinks (Gatorade, Powerade), clear broth or bouillon, jello, Popsicles.
- Avoid red drinks, red jello, and dairy products.
- Consume large amounts of fluids to avoid hunger and dehydration.
- At 10:00am take one (1) Dulcolax tablet – you *may* experience cramps and stools after ingestion.
- At 3:00 pm take another one (1) Dulcolax tablet – you *may* experience cramps and stools after ingestion.
- At 5:00 pm mix the full bottle of Miralax into 64 ounces of Gatorade. Shake until completely dissolved. Drink an 8-10 ounce glass of mixture every 10-15 minutes until the entire solution is gone. This will induce stools.
- You may continue consuming clear liquids before and after the above medications until 6 hours prior to your procedure.

THE DAY OF THE PROCEDURE:

- DO NOT drink or eat anything by mouth for 6 hours prior to your procedure except medications (see below).
- Take your usual prescribed medications with small sips of water. If you are on anti-inflammatory medications or blood thinners please see instructions above.
- **Please bring a list of your current medications and correct dosage to your appointment.**
- NO DRIVING – you cannot drive. You may use a taxi after the procedure. You must have someone present to drive you home after the procedure or we may cancel your procedure.
- You will be sedated for your procedure. Please plan to avoid making important decisions for the remainder of the day after your procedure.

You are scheduled with Dr. _____ Date: _____ Check in time: _____

_____Boise Endoscopy Center, 425 West Bannock Street, Boise
_____Meridian Endoscopy Center, 2235 Gala Street, Meridian
_____St. Luke's Boise Regional Medical Center (Admitting), 190 E. Bannock St., Boise-Hospital
_____St. Luke's Meridian Regional Medical Center, 520 S. Eagle Rd., Meridian-Hospital.
(Use the Eagle Road entrance. Check in at outpatient registration.)

Please check with your insurance company regarding pre-certification. Bring all insurance cards with you.