

MIRALAX/GATORADE SPLIT DOSE 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, any flavor except red ones (e.g. X-factor)

FIVE DAYS PRIOR TO YOUR PROCEDURE:

- Stop all anti-inflammatory medications including aspirin, ibuprofen, Motrin, Aleve, naproxen, Naprosyn, sulindac, piroxocam, Feldine, 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, avoid nuts and seeds.

ONE DAY PRIOR TO YOUR EXAM:

- Take only clear liquids by mouth. This includes clear juices (apple, grape, strained orange, strained lemonade), tea, coffee (no milk or creamer), soft drinks (Gatorade, Powerade), clear broth or bouillon, Jell-O and Popsicles.
- Avoid red drinks, red Jell-O and dairy products.
- Consume large amounts of fluids to avoid hunger or dehydration.
- At 10:00 am, take one (1) Dulcolax tablet- you *may* experience cramps and stools after ingestion.
- At 3:00 pm take another (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 the first half (32oz) starting at 5:00pm. You will drink FOUR 8 ounce glasses of the mixture. Take one 8oz glass every 10-15 minutes until you've finished the first half. This will induce stools.

THE DAY OF THE PROCEDURE:

- Drink the second half starting 4 hours before your exam's scheduled time (eg: if your appointment is at 8am, you should start at 4am. If it is at 1pm you should start at 9am). You must finish the second half within 2 hours of starting, so that your stomach is empty for your exam.
- You may continue to drink clear liquids until 2 hours prior to your procedure.
- DO NOT take anything by mouth for 2 hours prior to your procedure.
- 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 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 W Bannock Street, Boise
_____ Meridian Endoscopy Center, 2235 E 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.