

Colonoscopy Preparation Instructions

Bisacodyl/MiraLAX/Gatorade (or water)

Please purchase the following:

1. **Dulcolax (bisacodyl)**-five tablets, 5 mg each are needed
2. **MiraLAX**- two bottles, 238 grams each are needed
3. **Gatorade**- 128 oz bottles are needed, equal to one gallon (avoid red/pink/purple)

• **The morning of THE DAY BEFORE your Colonoscopy:** ____/____/____

- **Start your day with a clear liquid diet.** You may have as much clear liquid as you like *up until midnight*, then nothing more to drink (except MiraLAX) until after the procedure.

Clear liquids are listed below:

- Clear broth or bouillon or Consommé
 - Clear Jell-O (do not add fresh or canned fruit/avoid red/purple)
 - Clear fruit juices or drinks – cranberry, grape, apple (avoid red/purple powders)
 - Popsicles (banana, lemon, orange, lime)
 - Carbonated beverages (ginger ale, seven-up, cola)
 - Coffee or tea (no cream or milk)
 - Do not drink alcoholic beverages, orange or tomato juice (they contain pulp), or milk.
 - Avoid eating popcorn 7 days prior to your procedure.
 - Medications may be taken as usual the day before your exam.
- **Between 12:00-1:00pm or as soon as you get home from work:** (day before)
 - Take ALL 5 Bisacodyl tablets with 8-12 oz. of water or clear liquid. This will start to clean out the colon. This usually produces 1-2 bowel movements within 1-2 hours. Avoid taking tablets within 1 hour of antacids.
 - *Proceed to the next step even if you have not had a bowel movement.*
 - **3 hours after taking the Bisacodyl tablets:**
 - Mix 2 bottles of MiraLAX into 5 - 28 oz. bottles of Gatorade. Shake the solution until the MiraLAX is dissolved. Drink an 8 oz. glass of this solution every 10-15 minutes until your stool is "clear like light beer". You may continue to drink clear liquids (after finishing the prep) until midnight.
 - Nothing to drink after midnight the day of your procedure except for the MiraLAX mixture in the morning required to complete your prep.
 - **The hospital staff will contact you within 24 hours your procedure with your arrival time/prep times for the day of your procedure. If you do not hear from their office by 12pm the day prior to your procedure, please call 920-568-5386.**

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- **The morning THE DAY OF your procedure:** ____/____/____
 - **Arrive at the hospital at _____AM**
 - **Restart drinking MiraLAX at _____AM**
 - MiraLAX/Gatorade mixture every 10 minutes until your stool is, again, “clear like *light beer*” and free of solid matter or flecks. It may be lightly yellow/green colored.
 - **STOP drinking MiraLAX at _____AM**
 - If you are still passing highly colored stool, please call Ambulatory Services for direction Monday-Friday 6:00am – 3:00pm at 920-568-5080
 - Please be advised that if more prep time is required, your procedure time may be changed due to reduce risk of complications.
 - DO NOT chew gum prior to your procedure
- **Take medications** (such as blood pressure pills) **just prior to leaving for the hospital** with only a small sip of water. When you arrive, please let the nurse know what you have taken and when.
- **You must have a ride home after the test.** *You cannot drive.* You cannot use the local taxi service. The medications you are given may make you dizzy or drowsy for a few hours.
- **Do not drive, operate heavy machinery, or sign any legal documents for 24 hours.** Do not plan to return to work until the next day.
- Enter through the AMBULATORY SERVICES entrance on the east side of the hospital, the McMillen Street entrance.
- Please be aware that your procedure time may change due to unavoidable, last minute scheduling conflicts.
- If you have sleep apnea and use a CPAP machine, bring your CPAP with you the day of your procedure.
- If you have any questions, please call the clinic @ (920) 563-7900. (M-TH 8:30a-5p, F 8a-4:30p) After hours: 920-568-5000 to page physician on call.