

## **Colonoscopy Preparation Instructions** **Bisacodyl/MiraLAX/Gatorade (or water)**

Failure to follow the prep instructions may result in cancellation or delay of your procedure – **this is for your safety.**

### **Please purchase the following:**

- Dulcolax (bisacodyl):** 5 mg tablets- you will need five tablets total
- MiraLAX:** 238 gram bottle - you will need two bottles total
- Gatorade:** 28 oz bottles - you will need four bottles (avoid red/pink/purple colors)

### **The DAY BEFORE your Colonoscopy: \_\_\_\_/\_\_\_\_/\_\_\_\_**

**1. Start your day with a clear liquid diet. Do not eat a solid BREAKFAST, lunch or dinner.** You may have as much clear liquid as you like *up until midnight*, then nothing more to drink (except MiraLAX/water) 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 – white cranberry, white grape, apple (avoid red/purple powders)
- Popsicles (banana, lemon, orange, lime)
- Carbonated beverages (ginger ale, seven-up, cola) –*IN LIMITED AMOUNTS*
- Coffee or tea (no cream or milk)
- Do not drink alcoholic beverages, orange or tomato juice (they contain pulp), or milk.
- Medications may be taken as usual the day before your exam unless otherwise directed.

**2. 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.
  - Avoid taking tablets within 1 hour of antacids.
  - *Proceed to the next step* even if you have not *had a bowel movement.*

**3. Three hours after taking the Bisacodyl tablets**

- Combine the **2** bottles MiraLAX and **4** bottles of Gatorade in a large pitcher/container. Mix 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*"- free of solid particles, light in color.
  - You will need to drink **4 to 12** of the 8 oz glasses of this mixture.
    - ❖ If you are nauseous, you may slow down between doses. If you vomit, you may take a break and then continue drinking slowly once you are able.
  - After your stool is clear, place the remaining mixture in the refrigerator for the morning of your procedure.
- After your stool is clear, drink at least **2** - 8 oz glasses of clear liquids over the next 30 minutes
- **NOTHING TO EAT OR 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 1 week of 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.**

**The DAY OF your procedure:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**1. Restart drinking MiraLAX at \_\_\_\_\_ AM**

- Drink an 8 oz glass of the 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 colored.
  - Drink at least **2** - 8 oz glasses of this mixture the morning of your procedure.

**2. STOP drinking MiraLAX and all liquids 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 or cancelled due to reduce risk of complications.

**3. Arrive at the Hospital at \_\_\_\_\_ AM (write in the time you are given)**

- *\*DO NOT have anything to EAT or DRINK (besides the prep mix) the morning of your procedure which includes NO gum, hard candy or tobacco/nicotine products.*

- **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 or ride share (Uber, Lyft, etc). 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 8:30a-4:30p) After hours: 920-568-5000 to page physician on call.