

COLONOSCOPY DATE: \_\_\_\_\_



PREP DATE: \_\_\_\_\_

\*\*\* Note: PeaceHealth Hospital will notify you of your scheduled time to arrive on the business day just prior to your procedure. (for Monday, that is Friday)

## INSTRUCTIONS FOR MIRALAX/GATORADE SPLIT PREP FOR COLONOSCOPY

A clean colon is the key to a successful colonoscopy. Please read through and follow the bowel prep instructions. For any questions, please call the office at **907-228-0185**

**Purchase the following list of over-the-counter ingredients for your bowel prep:**      **\*\*\*\* NO RED OR PURPLE \*\*\*\***

- 4 Dulcolax laxative tablets (generic OK - either should say "bisacodyl")
- 238 gm (8 oz) bottle of MiraLAX (generic OK)
- 64 ounces of Gatorade. People with diabetes should use G2 for fewer carbs. Other electrolyte drinks such as Powerade, Propel, Liquid IV and Pedialyte are OK to substitute for Gatorade

### Diet changes prior to colonoscopy:

- One week prior - no nuts, seeds or popcorn      DATE: \_\_\_\_\_
- Five days prior - stop all fiber supplements including Metamucil, Citrucel, Benefiber, Fiberchoice and flax seeds      DATE: \_\_\_\_\_
- Two days prior - no raw fruits or vegetables      DATE: \_\_\_\_\_

### Medication changes prior to colonoscopy:

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**The day before the procedure:**      **DATE:** \_\_\_\_\_

Drink clear liquids only. No food, no milk, no orange juice, no pulp, no nectars.

\*\*\* NO RED OR PURPLE \*\*\* Acceptable clear liquids are:

- ✓ clear fruit juices - apple, white grape, etc
- ✓ coffee/tea - black
- ✓ soft drinks and sports drinks
- ✓ popsicles, jello or gummy bears
- ✓ water
- ✓ beef, chicken, bone or vegetable broth

### Do your bowel prep. Stay near a bathroom.

- 10:00 AM, take 2 Dulcolax tablets
- 3:00 PM, take 2 Dulcolax tablets
- 5:00 PM, mix the full bottle of MiraLAX into 64 oz Gatorade, dissolve and drink **half** over 1 hour
- 8:00 PM, drink the **other half** of the MiraLAX/Gatorade over 1 hour
- After midnight, NOTHING AT ALL to drink