

# Colonoscopy

## Miralax/Gatorade Prep Solution Procedure Instructions



### Colonoscopy – Miralax/Gatorade Prep Solution Procedure Instructions

**IMPORTANT:** Please read this page carefully at least one week before your scheduled appointment. Otherwise your procedure may be canceled.

If you have any questions for the GI Nurse call (650) 299-2256 or (650) 299-2718. If you need to cancel this appointment call (650) 299-2537 at least one week prior to your appointment so we may offer this appointment time to another member.

- PLAVIX (clopidogrel). If you take Plavix, please contact your cardiologist to ask if you should hold this medication for ONE WEEK before your procedure.
- ONE WEEK prior to your procedure please pick up your medication at your preferred Kaiser Permanente pharmacy.
- ONE WEEK prior to your procedure, if you need something for pain you may take Tylenol or morphine products only (stop taking Aspirin, Advil, Aleve, Ibuprofen, Motrin, Aggrenox, Diclofenac, Etodolac, Excedrin, Indocin, Medipren, Meloxicam, Naprosyn, Nupren, Relafen (Nabumetone) and Alka-Seltzer.
- DIABETIC patients  
Remember to check your sugars the morning of your procedure!  
If you are having an upper endoscopy: The day of your procedure, do not take any of your diabetes medications.  
If you are having a colonoscopy:
  - Hold all ORAL diabetes medications the day before and the day of the procedure
  - If you take insulin, take ONE HALF of your NPH (or long acting insulin) the morning of the day before the procedure. Check your sugars and take the Regular (or short acting) insulin per sliding scale the day before procedure. Do not take any insulin on the day of the procedure!
- Continue all medications unless instructed otherwise.
- Please register 15 minutes early in the Cypress Building, 1<sup>st</sup> Floor, then proceed to Station D on the 2<sup>nd</sup> Floor. Consider parking time. Please bring your Kaiser Permanente card.

### If you are using miralax/gatorade prep solution

#### Procedure instructions

#### Three days prior to your colonoscopy

- Follow the enclosed fiber restricted diet. (no fruits, vegetables, grains, nuts, seeds, cereal or oatmeal). Discontinue any fiber supplement such as Metamucil, Citrucel, psyllium, bran and any iron supplement.

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## Miralax/Gatorade Prep Solution Procedure Instructions (*continued*)

You will need to purchase

- Miralax (238 GRAMS or 14 day supply) – this is over the counter
- 4 Dulcolax (bisacodyl) tablets, you can get at Kaiser Permanente Pharmacy
- 64 oz bottle of Gatorade (any color except RED). For diabetic patients, please buy Crystal Light or Powerade Zero.

**NOTE: The instructions you will follow below will depend on the time of your colonoscopy appointment.**

**If your appointment for colonoscopy is in the morning (before noon)**

One day prior to colonoscopy

- Start on a clear liquid diet ALL DAY (NO SOLID FOODS). NOTE: clear liquids (water, chicken broth, apple juice, white grape juice, white cranberry juice, light colored tea, 7-up, sprite, clear Gatorade or yellow Jello).
- It is VERY IMPORTANT that you drink plenty of fluids all day (in addition to the Miralax prep)
- 10 am: take 4 Dulcolax (Bisacodyl) tablets.
- 4 pm: Mix the entire Miralax powder (238 GRAMS) in 64 ounces Gatorade or other clear liquid of your choice. Drink HALF of this over 1 hour. Then drink 2-4 glasses of clear fluids in addition to this.
- 8 pm: Drink the other half of the Miralax mixture in 1 hour. Then drink at least 2-4 glasses of clear fluids in addition to this (and up to 2 hours before your appointment)

**If your appointment for colonoscopy is for 12 pm or later**

One day prior to colonoscopy

- Start on a clear liquid diet ALL DAY (NO SOLID FOODS). NOTE: clear liquid (water, chicken broth, apple juice, white grape juice, white cranberry juice, light colored tea, 7-up, sprite, clear Gatorade or yellow jello)
- It is VERY IMPORTANT that you drink plenty of fluids all day (in addition to the Miralax prep)
- 2 pm: take 4 Dulcolax (Bisacodyl) tablets
- 8 pm: Mix the entire Miralax powder (238 GRAMS) in 64 ounces Gatorade or other clear liquid of your choice. Drink HALF of this over 1 hour. Then drink 2-4 glasses of clear fluids in addition to this. Refrigerate the other half of the Miralax for tomorrow

# Colonoscopy

## Miralax/Gatorade Prep Solution Procedure Instructions (*continued*)

### On the day of the colonoscopy

- 7 am: Drink the other half of the Miralax mixture in 1 hour. Then drink at least 2-4 glasses of clear fluids in addition to this. Stop drinking two (2) hours before your appointment time.

### **You cannot drive yourself home**

You will be sedated for this procedure and will remain drowsy for the remainder of the day. A responsible adult must drive you home. A taxicab is **ONLY** allowed if you have another responsible person with you other than the driver. For your own safety, unless a relative or friend is present to drive you home, your procedure will be cancelled and rescheduled.

If you have further questions regarding this procedure, please call (650) 299-2256.