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## PREPARATION INSTRUCTIONS FOR COLONOSCOPY

### FACILITY INSTRUCTIONS

**The facility does not schedule the times for the colonoscopies until the day before.**

Someone from the facility will call you **the afternoon before** the colonoscopy with the time to arrive.

\_\_\_ Mat-Su Regional Medical Center (907) 861-6858

\_\_\_ Surgery Center of Wasilla (907) 631-3578

**YOU MUST MAKE ARRANGEMENTS FOR SOMEONE YOU KNOW TO DRIVE YOU HOME.** You may not drive for the rest of the day once the procedure is completed. **You CANNOT take a cab home.**

### GATORADE/MIRALAX/MAGNESIUM CITRATE COLON CLEANSE INSTRUCTIONS

**You will need these items from a pharmacy: No prescription necessary**

Magnesium Citrate (1 bottle – 10 ounces)

MiraLAX (1 large bottle – 8.3 ounces or 238 grams)

4 -Dulcolax or bisacodyl tablets (5 mg)

Gatorade (64-ounce bottle)

**PLEASE READ THESE INSTRUCTIONS SEVERAL DAYS BEFORE YOUR PROCEDURE.**

**THE ENTIRE DAY BEFORE YOUR COLONOSCOPY – HAVE A CLEAR LIQUID DIET ONLY. NO SOLID FOODS.**

Clear liquids include water, coffee, tea, Gatorade, carbonated and non-carbonated soft drinks. All the clear juices: apple, white grape. Jell-O, popsicles, and clear soups: bouillon or broth. Sugar or artificial sweeteners are allowed.

**NOT ALLOWED ON A CLEAR LIQUID DIET:** Dairy products: milk, cream, soy, artificial creamer, or pulpy juices like orange, grapefruit, pineapple, tomato and V-8. No alcoholic beverages.

- STEP 1.**        **Around 10:00 am,** drink the bottle of **magnesium citrate.**  
Continue to drink clear liquids all day today. Stay well hydrated.
- STEP 2.**        **Around 2:00 pm,** take **4 Dulcolax tablets.**  
Take tablets with a full 8-ounce glass of clear liquid. Continue to drink clear liquids all day.
- STEP 3.**        **Around 6 pm,** mix the entire bottle of **MiraLAX** into the 64 ounces of **Gatorade.** Shake or mix the solution until it is fully dissolved. You may chill this in the refrigerator for an hour.
- STEP 4.**        **Around 7 pm,** start drinking the **MiraLAX/Gatorade** solution. You will drink an 8-ounce glass every 30 minutes until solution is gone.

If you experience nausea, bloating or vomiting, take a break from drinking the solution and continue once it settles down.

Continue to drink clear liquids so that you stay well hydrated. \*Do not smoke or chew tobacco AFTER mid-night.

You should be passing clear or clear yellow liquid by this time.

**ON THE DAY OF YOUR COLONOSCOPY** – You may continue to drink a small amount of clear liquids only up to **2 HOURS PRIOR TO ARRIVAL TIME** then nothing by mouth.

CALL OUR OFFICE IF YOU HAVE ANY QUESTIONS.