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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 COLON CLEANSE INSTRUCTIONS

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

4 -Dulcolax or bisacodyl tablets (5 mg)

Gatorade (64-ounce bottle)

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

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**, mix 1 dose of MiraLax Powder with an 8 oz glass of water and drink all of it. 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 rest of 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.