

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** 2500 S. Woodworth Loop Palmer, AK 99645 Phone: (907) 861-6338

___ **Surgery Center of Wasilla** 3190 E. Meridian Park Loop Ste. 111 Wasilla, AK 99654 Phone: (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.