

SAN JOSE GASTROENTEROLOGY

Phone (408) 347-9001 | Fax (408) 347-9004 | www.sjgi.com | contact@sjgi.com

INSTRUCTIONS FOR COLONOSCOPY BOWEL PREPARATION with MIRALAX

**** ONE (1) WEEK BEFORE THE COLONOSCOPY:**

For the best possible examination, please follow the instructions below carefully:

- You must have a responsible adult (age 18 or older) to drive you home after your procedure. This does not include rideshare such as taxi, Uber. The sedative medication makes it unsafe to drive on the day of the procedure. **If you do not have a chaperone to drive you home, the appointment may need to be cancelled.**
- You should not work after the colonoscopy. Plan to take the day off from work.
- Do not bring children to your appointment.
- Leave jewelry and valuable items at home.
- If you have any questions, please contact our office at 408-347-9001. If you need to reschedule or cancel your appointment, please contact us at least 3 business days in advance before your procedure.
- **BRING** all of your daily medication to the colonoscopy appointment.

***** ONE WEEK BEFORE THE COLONOSCOPY:**

- **STOP** iron pills, vitamins, herbs, and supplements. **AVOID** seeds and fiber (berries, popcorn, etc)
- **OBTAIN from PHARMACY:**
 - One large bottle of MIRALAX powder (238gm), or generic equivalent
 - Four BISACODYL 5mg tablets (not suppositories)
 - One large 64 oz bottle of clear GATORADE (i.e. "Gatorade Ice") or similar

***** ONE DAY BEFORE THE COLONOSCOPY:**

- **CONTINUE** to take all ORAL diabetes medication
- **REDUCE** morning and evening doses of long acting **INSULIN** by one half, if applicable
- You will be on a **CLEAR LIQUID DIET FOR THE ENTIRE DAY**

For a full 24 hours prior to the colonoscopy, you must be on a clear liquid diet limited to water and the following:		DO NOT eat solid food DO NOT chew gum DO NOT drink any of the following: <ul style="list-style-type: none"> ▪ NO red or purple liquid ▪ NO liquids that you can't see through ▪ NO alcoholic beverages ▪ NO milk products
Black coffee (no milk / no cream) Tea (black, green) Gatorade (clear) Popsicle w/o fruit or seed	7-UP Clear broth Apple Juice Jello (No red or purple)	

- AT NOON: Take 4 BISACODYL tablets with clear liquids (i.e. water).
- AT 2 PM: Mix the Miralax in a 64-ounce bottle of Gatorade (may pour out small amount to avoid spillage).
Cap the bottle and shake the bottle to dissolve the powder. Suggest placing in refrigerator.
- AT 6 PM: DRINK THE FIRST HALF of the Miralax / Gatorade mixture.
 - Drink one glass every 10 - 15 minutes, and finish the liquid over 2 hours.
 - You will drink the SECOND HALF of the Miralax / Gatorade mixture the FOLLOWING MORNING

*****ON THE MORNING OF THE COLONOSCOPY:**

- **Do NOT** take diabetes medication before procedure. You will resume diabetes medications after procedure.
- Do take blood pressure / heart medication on the morning of the procedure, with water.

4 HOURS BEFORE YOUR PROCEDURE:

Drink the SECOND HALF of the Miralax / Gatorade mixture. Drink once glass every 10 - 15 minutes, and finish the liquid 2 hours before the procedure start time.