



**SAN JOSE GASTROENTEROLOGY**

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**INSTRUCTIONS FOR MIRALAX / GATORADE COLONOSCOPY BOWEL PREPARATION with SPLIT DOSING**

**\*\*The appointment time is subject to change based on the facility's schedule.**

**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 will 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.
- BRING all of your daily medication, or an up-to-date list, to the colonoscopy appointment.
- If you have any questions, please call 408-347-9001 or text (408) 872-9001. To reschedule or cancel, contact us at least 3 business days prior to your procedure.

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

- **STOP** iron pills, vitamins, herbs, and supplements. Begin a low-fiber diet. Avoid consuming vegetables, seeds, and high-fiber foods such as berries and popcorn.
- **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:

Black coffee (no milk / no cream)	7-UP
Tea (black, green)	Chicken / Beef broth
Gatorade (clear)	Apple Juice
Popsicle without fruit or seeds	Jello (no red or purple)

**DO NOT eat solid food**

**DO NOT chew gum**

**DO NOT drink any of the following:**

- NO red or purple liquid
- NO liquids that you can't see through
- NO alcoholic beverages
- NO milk products

- **AT NOON:** Swallow 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 the procedure. You will resume diabetes medications after the procedure.
- Do take blood pressure / heart medication on the morning of the procedure, with water.

**4 HOURS BEFORE YOUR PROCEDURE START TIME:**

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

**VIDEO INTRUCTIONS:** Kindly review your preparatory instructions a minimum of two weeks prior to your scheduled procedure. You can access the general video instructions at [www.tinyurl.com/sjgicolovideo](http://www.tinyurl.com/sjgicolovideo) or by scanning the QR code below using your smart device:



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