



SAN JOSE GASTROENTEROLOGY

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INSTRUCTIONS FOR MIRALAX/GATORADE/BISACODYL BOWEL PREP

AFTER OFFICE VISIT & FEW DAYS BEFORE PROCEDURE:

1. Purchase bottle of Miralax (238g) in the white/purple container – this is Over-The-Counter
2. Purchase 4 Bisacodyl oral tablets (5mg) – this is also Over-The-Counter
3. Purchase 64 oz bottle of Gatorade – clear “Gatorade Ice” is preferred, no red/purple

TWO NIGHTS BEFORE THE PROCEDURE:

1. Open 64oz bottle of Gatorade and discard 8-10oz from bottle
2. Add the entire contents of the Miralax container (all 238g) into the Gatorade bottle
3. Shake well (no flavor change will occur) and then refrigerate the solution

ONE DAY (or beginning 24 hours) BEFORE PROCEDURE:

1. Clear liquid breakfast (nothing red/purple, dairy products, etc – refer to instruction sheet)
2. After breakfast, swallow 4 Bisacodyl pills (total 20mg) with at ~12 oz of water
3. Clear liquid diet for the entire day
4. Between 5 and 6pm, begin drinking the Gatorade/Miralax solution, *until complete*:
 - 8oz glass every 15 - 20 minutes until bottle is empty
 - clear liquids until 12 midnight

DAY OF PROCEDURE:

You may take your heart and blood pressure medications, etc. with small sips of water only.

DO NOT take your diabetic medications or inject insulin on the day of procedure. You can resume your diabetic medications the same day after the procedure. If you feel hungry or thirsty, you may have small glass of a clear liquid drink 4 hours prior to the procedure.

- **STOP** the following medications if instructed by physician: Aspirin Coumadin Plavix

It takes approximately 30-45 minutes for the physician to perform a Colonoscopy. After the procedure you will remain in the recovery area for approximately 20 minutes or longer.

It is imperative that you have someone accompany and drive you home after your procedure as you will be drowsy due to the sedative and pain medications given during the procedure. If you are working, please plan to take the day off.

If you have any questions regarding these instructions or the Colonoscopy procedure, please do not hesitate to contact our center or your doctor's office. Also, if you need to reschedule or cancel your appointment, please let us know 72 hours prior to the date of the examination. **408-347-9005.**

Important Notes:

- follow the above bowel prep instructions
- leave your jewelry and valuable items at home
- you need someone to drive you home

***** Please note, the safety of our patients is very important to us. If you do not have someone to drive you home on the day of your procedure, we reserve the right to cancel your appointment.**

***** Please do not leave children unattended during your procedure. We cannot provide care for them and cannot be held responsible for any injury or accident that may occur. Thank you for your cooperation.**