



## GRANITE PEAKS GASTROENTEROLOGY

[www.granitepeaksgi.com](http://www.granitepeaksgi.com)

Phone: 801.619.9000

### **Colonoscopy Prep Instructions: Dulcolax/Miralax/Gatorade**

*Please read ALL of these instructions carefully. The exam cannot be performed if your colon is not properly cleaned out. If you have severe allergies to Soy Beans and Eggs, please contact us immediately. If you have any questions after reading these instructions, refer to our website or call your physician.*

**1 DAY BEFORE EXAM:** Please enjoy a light breakfast before 9:00 am. Drink only CLEAR LIQUIDS for lunch and dinner (ie: water, seltzer, black coffee, tea, Gatorade, etc - NOTHING RED). NO SOLID FOODS OR MILK PRODUCTS are allowed. **One of the most important aspects to a successful prep is to consume plenty of fluids the day before the exam.**

#### **This simple prep requires 3 ingredients:**

1. Four DULCOLAX LAXATIVE tablets -- must be the LAXATIVE pills (over-the-counter).
2. MIRALAX POWDER 238 gram bottle (over-the-counter).
3. 64 oz of Gatorade or Powerade. Diabetics may use low calorie Gatorade or a similar liquid.

#### **DIRECTIONS FOR DULCOLAX/MIRALAX/GATORADE PREP:**

Mix the entire 238 gram bottle of Miralax with 2 quarts of Gatorade in a large pitcher. Stir, chill, and add ice if you would like.

#### **\*THE NIGHT BEFORE YOUR PROCEDURE:**

Between the hours of **4-7 P.M. the evening before the procedure**, take all four Dulcolax tablets. It will probably take about 2-3 hours for this to take full effect. If you are a frequent laxative user, please start with double your usual Dulcolax dose (or call the office if you have any questions).

About one hour after taking the Dulcolax, start drinking **one-half** of your chilled Miralax "cocktail." **You should pace yourself to drink about four - 8 ounce glasses (for a total of 32 ounces) over a 2 hour period, roughly one glass every 15-30 minutes, until you've finished the 32 ounces.**

#### **\*THE DAY OF YOUR PROCEDURE:**

Please consume the remaining half of the Miralax-Gatorade **4 hours before your scheduled appointment time. You should pace yourself to drink about four - 8 ounce glasses (for a total of 32 ounces) over a 2 hour period, roughly one glass every 15-30 minutes, until you've finished the 32 ounces.**

Expect to use the facilities at least 10-15 times. The stool should be clear, lemonade-like, not sludgy or brown. Expect some cramps.

\*You may continue drinking water up to two (2) hours prior to your exam, but you MUST NOT take anything by mouth after that. Remember, NO SOLID FOODS. BRING a list of any prescription and over-the-counter medications you are taking. YOU WILL BE SEDATED during your procedure so SOMEONE MUST be available to drive you home. You may not drive for 12 hours.

**PRESCRIPTION MEDICATIONS:** You may continue take your regular medications as directed.

**DIABETICS:** Test your blood sugar before coming in for your procedure and bring the reading with you. If you take oral medication for your diabetes, DO NOT take it the morning of your procedure. If you take insulin, BRING your insulin with you. If you have any questions regarding your oral medication or insulin dosages, please contact the physician you are seeing for your diabetes.

**PATIENTS ON BLOOD THINNERS:** If you are taking a blood thinning medication such as Coumadin (Warfarin) or Plavix, CALL YOUR PRIMARY CARE DOCTOR and ASK whether you can STOP taking it three (3) days prior to your procedure. If a polyp is found during your colonoscopy and you HAVE NOT discontinued it for three (3) days prior, you may have to repeat the colonoscopy. REMEMBER – OBTAIN APPROVAL FROM YOUR PRIMARY CARE DOCTOR BEFORE DISCONTINUING BLOOD THINNERS. IF YOU HAVE HAD A HEART VALVE REPLACEMENT IN THE PAST, CONTACT OUR OFFICE ONE WEEK PRIOR TO YOUR PROCEDURE.

**NURSING MOTHERS:** After receiving an anesthetic, you may want to pump and dump twice before nursing your baby.

#### **YOUR PROCEDURE IS AT THE FOLLOWING FACILITY. PLEASE CALL TO PRE-REGISTER:**

- GRANITE PEAKS ENDOSCOPY CENTER:** 10150 S Petunia Way, Sandy, UT 84093 (adjacent to the Sandy City library). Please call to pre-register: 801.314.4330
- ALTAVIEW HOSPITAL:** 9770 S 1300 E, Sandy, UT 84094 Please call to pre-register at 801.314.4330

**Cancellation Policy:** We require 24 hours notification for any appointment cancellations. Failure to do so may result in a cancellation charge of \$100.00 which will be billed directly to the patient.

**Please arrive 45 minutes prior to the stated procedure time:**