



GRANITE PEAKS GASTROENTEROLOGY

EXTENDED PREP MIRALAX COLONOSCOPY PREPARATION INSTRUCTIONS

www.GranitePeaksGI.com

phone 801.619.9000

TWO DAYS before your Exam

- Read all instructions thoroughly
- If you have severe allergies to soy beans and/or eggs, please contact us immediately.
- **BOTH days drink clear liquids only such as apple juice, water, sodas, broth, or Jell-O. Nothing red or purple. NO milk, pulp products, or alcohol.**

The Day before your Exam

- Purchase: At any pharmacy over-the-counter
- **Dulcolax** (bisacodyl laxative) Tablets / **Miralax** 357 gram bottle / **Gatorade** 96 ounces (nothing red or purple)
- Mix all of the Miralax powder with the Gatorade. You may chill for better flavor (diabetics use reduced calorie Gatorade).
- **4:00 PM:** Take 4 Dulcolax tablets at one time. Drink half of the Gatorade/Miralax mixture in the next 2 hours.
- Although the laxative effects may not begin for 4-6 hours, expect to use the bathroom many times through the night. A soothing ointment (Desitin, A and D, Vaseline) applied to the anal area will prevent discomfort and skin breakdown

Day of your Exam

- **4 hours before** your arrival time: drink the rest of the Gatorade/Miralax mixture within the next 2 hours.
- Please drink plenty of clear liquids up until **2 hours before** your arrival time! Take nothing by mouth after that time.

Bring

- A list of prescription and over-the-counter medications you are taking, including the dosage/strength and time last taken.
- A completed Patient History Form, Photo ID, Insurance card and information.
- If you are sedated, you **must** have a responsible driver to drive you home. **Please have your driver remain in the facility waiting area during your procedure.**

Prescription Medications

- Take your heart, blood pressure, asthma, and seizure medications as prescribed. Take these medications with clear liquids at least **2 hours before** your arrival time. **Bring your inhaler with you!**
- If you take regular narcotic medication for pain relief, please stay on schedule and take at least **2 hours before** arriving.

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:* **do not take it. Bring your insulin** with you.
- If you have any questions regarding your oral medication or insulin dosages, please contact the physician that manages your diabetic care.

Patients on Blood Thinners

- If you are taking blood thinners such as Coumadin, Warfarin or Plavix, call **your prescribing physician and ASK if you may stop taking the medication** for 3 days before your procedure.
- If a biopsy is required during your colonoscopy and you **have not** discontinued your blood thinners for 3 days, you may be required to reschedule your colonoscopy for a later date due to the increased risk of bleeding.

Nursing Mothers

- After receiving sedation pump and dump twice before nursing your baby.

If you have any questions after reviewing these instructions, please refer to our website www.GranitePeaksGI.com, or call your physician.