

- **JAMES D. TOROSIS, M.D.**
- **VICKY W. YANG, M.D.**
- **DANIEL S. RENGSTORFF, M.D.**
- **CYNTHIA W. LEUNG, M.D.**

COLONOSCOPY WITH Miralax/Gatorade Prep AFTERNOON/4 pills
Preparation Instructions

∂ **Procedures at Atherton Endoscopy Center:** Arrive 1/2 hour before scheduled procedure ∂

∂ **Procedures at Sequoia Hospital:** Arrive 1 1/2 hours before scheduled procedure unless in the OR with anesthesia, then arrive 2 hours ∂

∂ **Procedures at El Camino Hospital:** Arrive 1 1/2 hours before scheduled procedure ∂

Purchase these over-the-counter items at your pharmacy:

- One bottle of **Miralax** powder 238 grams
- Small box of **Dulcolax (bisacodyl)** laxative tablets
- One 64 ounce bottle of **Gatorade Thirst Quencher**. (Avoid red colors)

Five days before the procedure:

Please do not take any coumadin, aspirin, or nonsteroidal anti-inflammatories, such as ibuprofen (Advil, Motrin), naproxen (Aleve), Feldene, Relafen, etc. Acetaminophen (Tylenol) is acceptable.

One day before the procedure:

You may have a normal diet for breakfast and lunch. **After 2PM**, you may have clear liquids only. These include: coffee/tea with sweetener only, beef/chicken broth, apple juice, white grape or white cranberry juices, Gatorade, soda pop, popsicles, and Jell-O. Please, no red or purple colors.

At 5pm, take 2 Dulcolax tablets with 8 oz water. Swallow the pills whole. Do not crush or chew. You may experience bowel movements 1-6 hours later. Please continue to drink the above clear liquids.

At bedtime, take additional 2 Dulcolax tablets.

The day of the procedure:

At 6 AM, mix the 238 gram bottle of Miralax in the 64 oz. bottle of Gatorade. Shake solution until the Miralax is dissolved. Drink an 8 ounce glass about every 15 minutes until completely gone. This will take at least 2 hours.

STOP DRINKING ALL LIQUIDS at 8 AM. You may take your morning medications with a small sip of water, unless otherwise instructed. If you are diabetic, please discuss your medications with us.

You will most likely receive sedation and will require a designated driver to take you home. Public transportation and taxis are **not an option**. If you need assistance, our office may be able to help you find a ride.