



**Dr. Paul Ruh --- Dr Jon Potter**

**Prep Instructions for Colonoscopy  
using Miralax-Gatorade**

**Procedure: Colonoscopy**

**Insurance:**

Please contact your insurance company as soon as possible to verify coverage for this service and if any notification is required of you. As a courtesy we will bill your insurance, any balance not covered by your insurance will be your responsibility.

**Buy your bowel preparation at least 7 days before your colonoscopy. Purchase:**

- Four Dulcolax® or generic equivalent laxative tablets containing 5mg of bisacodyl each (NOT Dulcolax stool softener).
- One 8.3-ounce bottle of MiraLAX® (238 grams) or generic equivalent (polyethylene glycol 3350).
- Two 32-ounce bottles of Gatorade®. (NOT RED or PURPLE). **Diabetic patients should use Gatorade G2®. (Not red or purple).**
- One 10-ounce bottle of Magnesium Citrate.
- Simethicone chewable tablets 80 or 125 mg (like Gas-X).

**1 week Prior to the procedure:**

- Stop taking any Iron supplements
- Avoid eating popcorn, corn, nuts, seeds and fruits with small seeds
- Make arrangements to have a responsible adult (18 years or older) take you home. You will not be allowed to drive following the procedure due to the medications given.
- If you take medication to thin your blood, such as Coumadin (warfarin), Plavix (clopidogrel), Xarelto (rivaroxaban), Eliquis (apixaban) or Pradaxa (dabigatran), etc, **CALL** your primary care physician or specialist for instructions on how and when to stop taking these medications prior to your procedures. Aspirin 81 mg may be continued.

**5 days Prior to the procedure:**

- Do NOT take medicines that stop diarrhea, such as loperamide (Imodium®) or bismuth subsalicylate (Kaopectate®, Pepto-Bismol®).
- Do NOT take fiber supplements, such as Metamucil®, Citrucel®, or Perdiem®.
- Do NOT take products that contain iron, such as multivitamins (the label lists what is in the products). Do NOT take Vitamin E.

**3 days Prior to the procedure:**

- Do NOT eat high-fiber foods, such as popcorn, beans, seeds (flax, sunflower, quinoa), multigrain bread, nuts, salad/vegetables, or fresh and dried fruit.
- If you are not able to make your appointment, you need to call our office at (715)552-7303 at least 72 hours in advance to cancel/reschedule the appointment.

- If you do not show up for your procedure, or cancel without proper notice, you will be charged a fee of \$150.00.

**2 days Prior the procedure:**

- At 7:00 pm, drink one 10-ounce bottle of magnesium citrate, wait 1/2 hour and drink 1-liter of water.
- Mix 1/2 of MiraLAX bottle (119 grams) in each 32-ounce Gatorade bottle until dissolved. Keep cool in the refrigerator. DO NOT ADD ICE.

**The Day Prior to the procedure:**

- Breakfast only: You may have 2 slices of toast (white bread only) with only butter/margarine. You may also have fried eggs or rice with butter/margarine.
- NO OTHER SOLID FOODS after this point. However, you may have things such as plain white milk, plain vanilla ice cream, and plain vanilla pudding until 6 pm. You may also have coffee, tea, clear broth, Jello®, clear fruit juices without pulp (such as white grape or apple), 7-up, popsicles, Crystal Light, or Kool-Aid until midnight.
- Do NOT drink anything RED or PURPLE. Do not drink alcohol.
- At 5:00 PM, take (4) four Dulcolax tablets.
- At 6:00 PM, drink 32 ounces of the mixed solution by drinking an 8-ounce glass of bowel preparation every 15 minutes for a total of four glasses.
  - 15 minutes later, drink an 8-ounce glass of clear liquid every 15 minutes for a total of two glasses.
- You may continue to drink clear liquids till midnight but nothing after midnight.
- Using wet wipes after stools may help to minimize discomfort during the prep.

**The morning of the procedure:**

- At \*\*\*, 5 hours prior to your procedure, take one Simethicone chewable tablet and take the other 32-ounce bottle of mixed solution and drink an 8-ounce glass of bowel prep every 15 minutes for a total of four glasses.
- (15) Fifteen minutes later, drink an 8-ounce glass of clear liquids every 15 minutes for a total of two glasses.
- All prescription medications should be taken with a sip of water; these will not affect the prep. (Do not take blood thinning medications.)
- Diabetic patients: Insulin dose should be 1/2 the AM dose. Do NOT take oral diabetic medications; bring these along with you to the hospital to take after the procedure.
- *If your procedure is in the afternoon*, you may have clear liquids up to 5 hours prior to the procedures \*\*\*, then nothing to drink after this point.
- If you have followed the instruction and your stool is no longer formed, and is clear or yellow liquid, you are ready for your colonoscopy. If you are unsure of your colon cleansing, please call the office at (715)552-7303.
- Do not bring any jewelry or other valuable items with you to the procedure.
- Following the procedure, you will not be able to return to work and are advised to avoid any notable decision-making situations as the medications may affect your memory of these events.
- Please allow three hours for the entire procedure experience, from arrival to discharge.