

COLONOSCOPY PREP – MIRALAX/GATORADE

Please read the following instructions carefully at least 7 days before your scheduled procedure. It is absolutely necessary that you complete the following instructions, with no changes, unless specified by your physician.

TIMELINE	What YOU Need to Do	Comments
<p>7 days before procedure</p>	<ul style="list-style-type: none"> ▪ Avoid ALL Nuts, seeds, corn, and RAW green vegetables ▪ Arrange for a responsible adult to drive you to the facility on the day of your procedure ▪ <u>IF YOU TAKE BLOOD THINNER PRODUCTS:</u> Follow the instructions for your blood thinner products as you were directed by your GI physician, cardiologist or prescribing physician. ▪ <u>IF YOU TAKE INSULIN PRODUCTS OR ORAL DIABETES PILLS:</u> Contact your physician to obtain specific directions for dosages on the day before and day of your procedure. 	<p>You will need a responsible adult to drive you home from the procedure. It is the facilities policy to cancel the procedure if you do not have a ride home.</p>
<p>5 days before procedure: go and buy the items.</p>	<p>Purchase the following from your pharmacy or drug store. These do not require a prescription:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> ONE 238-gram bottle of MiraLAX. <input checked="" type="checkbox"/> 56 oz. of Gatorade, Propel, or Crystal Light Lemonade (No Red, Purple or Blue) <input checked="" type="checkbox"/> At least THREE Bisacodyl (Dulcolax) laxative tablets (do not use stool softeners) 	<p>**ONLY PURCHASE Bisacodyl (Dulcolax) IF BOX IS CHECKED. Your physician may not require this.</p>
<p>1 day before procedure</p>	<ul style="list-style-type: none"> ▪ BREAKFAST: You may have a light breakfast. <u>This MUST be completed by 9AM.</u> ▪ Choose from <u>ONE</u> of the following: <ul style="list-style-type: none"> ○ White bread/toast <u>OR</u> ○ Rice cereal <u>OR</u> ○ Cream of wheat <u>OR</u> ○ Eggs You may also have the following: <ul style="list-style-type: none"> ○ Milk ○ Juice (no red, blue, or purple) ▪ After 9am and until AFTER YOUR PROCEDURE, do not eat anything and drink only clear liquids (no red, blue, or purple). Clear liquids include: <ul style="list-style-type: none"> ▪ Water & Tea ▪ Plain coffee, no creamer or milk ▪ Clear juices such as apple or white grape juice ▪ Lemonade from powdered mix ▪ Kool Aid or Crystal Light ▪ Clear Soda (7-Up, Sprite, Ginger Ale) ▪ Gatorade/PowerAde ▪ Fat free broth/ bouillon/ consommé ▪ Plain/flavored gelatins (no fruit added) ▪ Italian ices, sorbet, popsicles 	<ul style="list-style-type: none"> ▪ BREAKFAST MUST BE COMPLETED BY 9AM ▪ CLEAR LIQUIDS ONLY AFTER 9AM <p>SEE REVERSE FOR ADDITIONAL INSTRUCTIONS</p>

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TIMELINE	What YOU Need to Do	Comments
1 day before your procedure at 3:00PM	<input checked="" type="checkbox"/> Take 3 Bisacodyl (Dulcolax) laxative tablets. <input type="checkbox"/> SKIP THIS STEP. PROCEED TO NEXT STEP BELOW.	
1 day before your procedure at 3:00PM	<ul style="list-style-type: none"> ▪ Mix bottle of MiraLAX in 56 oz. of Gatorade (or other clear liquid). Shake the solution until the MiraLAX is dissolved and refrigerate. Split this solution in half; You will drink 28 oz. today and 28 oz. tomorrow. 	
1 day before your procedure at 6:00PM	<ul style="list-style-type: none"> ▪ Begin drinking the MiraLAX solution. Drink 4-8 oz. glasses every 15 minutes until the first 28oz is complete ▪ Continue with clear liquids for the rest of the evening 	Stay close to restroom. You may use baby wipes or A&D ointment to alleviate discomfort from your prep results.
DAY OF PROCEDURE: FIVE hours prior before check-in time (For example, if you are to check-in at 7:15am, you will need to get up at 2:15am and drink the rest of the MiraLAX.)	<ul style="list-style-type: none"> ▪ You may take your medications as instructed (especially heart and blood pressure) up to 4 hours prior to checking in for your procedure. ▪ Follow specific directions given by your physician regarding insulin, oral diabetic pills, and blood thinners. ▪ Drink the remaining 28oz. of MiraLAX solution by drinking 4-8 oz. glasses every 15 minutes until complete. ▪ After that, stop all fluids. ▪ Nothing by mouth, including gum, mints, and candy starting 4 hours prior to your procedure until after your procedure is complete. 	<p>DO NOT take any medications after completing your 2nd dose of prep.</p> <p>Your bowel movements will turn watery and -toward the end of the prep-will appear yellow or clear. If the bowel movement is NOT YELLOW OR CLEAR, notify the pre-op nurse when you arrive at the facility.</p>
Appointment time	<ul style="list-style-type: none"> ▪ Arrive at your appointment check-in time with your responsible adult driver (see page 1). 	For your safety, your procedure will be cancelled if you do not have a ride home arranged.

Endoscopy Facilities

Harmony Surgery Center

2127 E Harmony Road
 Suite 200
 Fort Collins, CO 80528
 Phone: (970) 297-6300

Greeley Endoscopy Center

8227 W. 20th Street
 Greeley, CO 80634
 Phone: (970) 573-7555

Skyline Endoscopy Center

2555 E 13th Street
 Suite 210
 Loveland, CO 80537
 Phone: (970) 663-2159

Poudre Valley Hospital

1024 S Lemay Ave
 Fort Collins, CO 80524
 Phone: (970) 495-7000

Medical Center of the Rockies

2500 Rocky Mountain Ave
 Loveland, CO 80538
 Phone: (970) 624-2500

Greeley Hospital

6767 W 29th Street
 Greeley, CO 80634
 Phone: (970) 652-2000

McKee Medical Center

2000 N Boise Ave
 Loveland, CO 80538
 Phone: (970) 820-4640

Estes Park Medical Center

555 Prospect Ave
 Estes Park, CO 80517
 Phone: (970) 586-2317