IF YOU HAVE QUESTIONS REGARDING YOUR PREPARATION, PLEASE CALL THE ENDOSCOPE DEPARTMENT
Monday-Friday, 7:30 AM-5:00 PM at (801) 213-9797
After hours, holidays & weekends, please call (801) 581-2121 & ask for the GI fellow on call
You can also visit our website at: http://healthcare.utah.edu/gi

MIRALAX-GATORADE COLONOSCOPY PREP
Appointment Date: ______________________ Check in Time: ______________________
You are scheduled to see Dr.________________________

Please check in at ONE of the following locations:
  □ University of Utah Hospital: 50 North Medical Drive, Salt Lake City, Utah 84132
    • If you enter the hospital on the level A from the parking garage, continue past the escalators down the hall and
      you will come to a set of elevators on your left. Take the elevator to the B level, and check in with Endoscopy
      • If you enter the hospital on the level 1 through the revolving doors, continue past Starbucks and you will come
        to a set of elevators on your left. Take the elevator to the B level and check in with Endoscopy
  □ Huntsman Cancer Hospital Endoscopy: 2000 Circle of Hope, Salt Lake City, Utah 84112
    • Check in at the Endoscopy/Surgery area on the 3rd floor
  □ Redwood Endoscopy Center: 1525 West 2100 South, North entrance, Salt Lake City, Utah 84119
  □ South Jordan at Daybreak Endoscopy Lab: 5126 West Daybreak Parkway, South Jordan, Utah 84095
  □ Redstone Endoscopy Lab: 1743 W Redstone Center Drive #115, Park City, Utah 84098

Because you will be receiving sedating medications/narcotics, it is required by law that you have a responsible adult
accompany you home. If you plan to take public transportation, you will still need a responsible adult to accompany
you. This is because your judgment and reflexes may be impaired, you may be somewhat groggy and dizzy, and may feel
tired for about 24 hours after your procedure.

Please Note: If these instructions are not followed exactly, your procedure may need to be rescheduled due to
inadequate prep. If the prep is not adequate, and a second procedure is required, you may incur additional charges.

PURCHASE THE FOLLOWING:
• One (1) 238 gram bottle of Miralax powder (over the counter)
• One (1) small box/4 tablets of Dulcolax (bisacodyl) 5mg tablets (over the counter)
• One (1) 64 ounce bottle of Gatorade or Gatorade2 to mix with the Miralax (NOT RED)
• Dramamine may be taken if nausea develops (over the counter) *Optional*
• You may want to purchase Tucks pads to help reduce anal soreness during your bowel prep *Optional*
• Clear liquids for the day prior to the procedure (please limit red colored liquids)
  o Water
  o Chicken, beef, or vegetable broth
  o Juices (white grape, apple, lemonade without pulp, etc.)
  o Sodas (diet and regular)
  o Gatorade and/or similar sports drinks
  o Coffee and tea (black/no cream)
  o Gelatin without fruit
  o Popsicles and Italian ices (without fruit or cream)
*IMPORTANT* If you have CONSTIPATION or use chronic narcotic medication (which slows bowel function), purchase one 10 ounce bottle of Magnesium Citrate over the counter along with these other items. **If you have kidney failure, do not take Magnesium Citrate! Please call the endoscopy lab to speak with a nurse for further instructions.**

**ONE WEEK BEFORE YOUR PROCEDURE:**
- If you are taking **Clopidogrel (Plavix)** contact your physician about stopping or taking an alternative medication. **You need to be off of these medications beginning 7 days before your procedure.**
- If you are taking **IRON** or any vitamin supplements containing **IRON, stop these 5 days** before your appointment.
- If you are taking **Warfarin (Coumadin),** contact your physician about stopping or taking an alternative medication. **You need to be off of these medications beginning 4 days before your procedure.**

**FIVE (S) DAYS BEFORE YOUR PROCEDURE:**
- It is important to avoid high fiber foods that are not as easily digested. Examples of these foods include: peanuts, popcorn, seeds, corn, granola, flax seeds, quinoa, fruits and vegetables with seeds such as strawberries, kiwi, tomatoes, etc.

**DAY BEFORE YOUR PROCEDURE:**
- **Step 1:** Beginning FIRST THING in the morning, start a CLEAR LIQUID DIET. **DO NOT EAT SOLID FOODS from this point until after your colonoscopy.**
- **Step 2:** At **4:00pm** take 4 Dulcolax (bisacodyl) 5mg tablets.
- **Step 3:** At **6:00pm** mix the entire 238-gram bottle of Miralax in 64 oz. Gatorade or Gatorade-2. Shake the solution until the Miralax has dissolved. Drink one glass (8 oz.) of the Miralax solution every 10-15 minutes until the solution is 1/2 gone. Refrigerate the remainder of the prep solution.

**DAY OF YOUR PROCEDURE:**
- Four (4) hours BEFORE your scheduled arrival time, finish drinking the remaining 1/2 of the Miralax solution. This must be completed within one (1) hour.
- If you have constipation, or use chronic narcotic medications **OR if you have not had good results with the prep to this point:** please drink 10 ounces magnesium citrate.
- Take your other prescription medications **(except those noted above)** with small sips of water.
  - If you are a diabetic using insulin, **please reduce by HALF your morning dose of long-acting insulin.** Please contact your primary care provider for further instructions.
- Three (3) hours prior to procedure, stop drinking all fluids, or the procedure will need to be rescheduled.
- Two (2) hours before procedure, **you should be cleared out completely (passing yellowish to clear liquid, no stool or particles).** If you are concerned you may not be cleared out, please call 801-213-9797.
- Please fill out any additional paperwork included and bring it with you to your appointment. We will need a complete list of your current medications.

**What you can expect while preparing for your colonoscopy:**
Every patient is unique, but generally, you can expect to start passing loose stool 30 minutes to 2 hours after drinking your first dose of the Miralax solution. If you have any questions or concerns, please do not hesitate to call.

**To speak to a nurse during our regular business hours, Monday through Friday, 7:30 AM to 5:00 PM:**
Please call 801-213-9797

**To speak to someone after hours or on holidays, please call the hospital operator and ask to speak to the GI fellow on call:** 801-581-2121

Note: Please discard these instructions after your procedure. We frequently update our prep instructions, and will be happy to provide you with the latest version if you should need them in the future.