



Name: _____ DOB: _____ Date of Exam: _____

Colonoscopy Pre and Postoperative Instructions

MIRALAX

Please contact your facility to pre-register

Mat-Su Regional Hospital at (907) 861-6858

Susitna Surgery Center: (907) 861-6540

The facility does not schedule the times for the colonoscopies until the day before.

Someone from the hospital/surgery center will call you the afternoon before the colonoscopy with the time to arrive at the hospital. If you have not heard from them, you may call our office at the number above, after 2:30pm the day before your scheduled procedure for the time of arrival. Read all instructions before beginning your prep.

Please arrange a ride with a family member (18+) or close friend from the hospital/surgery center. You must have a ride to take you home, no public transportation allowed unless you are still accompanied by another responsible adult (not the cab driver).

Special Instructions/Medications to Hold:

You will need the following supplies: 4 Gatorade 32 oz. bottles
8 Dulcolax Tablets
2 Miralax 238 gm bottles

Five days before your colonoscopy begin a low fiber diet.

To ensure a clean colon for a successful procedure, avoid high-fiber foods 5 days before your colonoscopy. Key items to avoid include nuts, seeds (sesame, chia, flaxseed), popcorn, whole grains (brown rice, quinoa, oatmeal, bran, granola), raw vegetables, beans, and fruits with skins or seeds. Opt for low-fiber, white-flour products, cooked vegetables, and tender meats instead.

Two days before your colonoscopy:

- Begin a Clear liquid diet only ALL DAY- See attached list. NO ALCOHOL
- Drink an extra 8 ounces of clear liquid every hour from 8:00am until midnight.
- Gatorade is preferred.
- **7:00 pm:** Mix ½ of the MiraLax 238 gram bottle in EACH 32 ounce Gatorade bottle until dissolved and keep each bottle cold in the refrigerator.
- **8:00 pm:** Take 4 Dulcolax tablets with water and continue clear liquids.
- **9:00 pm:** Begin drinking the first bottle of Gatorade/MiraLax solution at a rate of 8 ounces every 15-30 minutes (over 1-2 hours) until the first bottle is gone.
- You are encouraged to continue drinking clear liquids until you go to bed.

Shannon Gulley, M.D., F.A.C.S. • Kaitlin Peace, M.D., F.A.C.S

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One day before your colonoscopy is scheduled:

- Continue the Clear liquid diet only ALL DAY- See attached list. NO ALCOHOL
- **8:00 am:** Take the second 32 oz. bottle of Gatorade/MiraLax solution at a rate of 8 ounces every 15-30 minutes (over 1-2 hours) until the second bottle is gone.
- Continue drinking clear liquids throughout the day. Preferably Gatorade.
- **7:00 pm:** Mix ½ of the MiraLax 238 gram bottle in EACH 32 ounce Gatorade bottle until dissolved and keep each bottle cold in the refrigerator
- **8:00 pm:** Take 4 Dulcolax tablets with water and continue clear liquids.
- **9:00 pm:** Begin drinking the third bottle of Gatorade/MiraLax solution at a rate of 8 ounces every 15-30 minutes (over 1-2 hours) until the third bottle is gone.
- You are encouraged to continue to drink clear liquids until you go to bed.

The day of your colonoscopy:

- **NO SOLID FOOD NO ALCOHOL**
- You may take your morning medications.
- 4-5 hours before the time your procedure is scheduled:
- Take the fourth 32 oz. bottle of Gatorade/MiraLax solution at a rate of 8 ounces every 15-30 minutes (over 1-2 hours) until the fourth bottle is gone.
- 3 hours prior to the procedure stop drinking and do not have anything else by mouth, until after your procedure.
- After the procedure you may eat your usual diet unless otherwise instructed. Drink 8 ounces of liquid at least 6 times after the procedure and before retiring for the night.

Clear liquids include: coffee, tea, water-either carbonated or regular, Gatorade, all soft drinks and clear juices: apple, pear, white grape. Jell-O, clear soups, i.e., bouillon or broth. Sugar or artificial sweeteners are allowed. **You may continue these clear liquids up until mid-night.**

Note

- You must be finished drinking the prep and any other clear fluids three hours prior to your scheduled appointment time.
- A bowel movement will usually occur within an hour after you start prep. Do not worry if this does not happen for three to four hours. Everyone is different.
- Watery and frequent bowel movements will occur until the bowel is fully cleansed.
- The end result should be clear or pale, colorful (typically yellow) liquid stool.
- Refrain from taking oral medications within 1 hour of starting each dose, they will not be absorbed properly.
- Refrain from taking any other laxatives while using this prep.
- If you experience preparation-related symptoms of nausea, bloating, or cramping, then you should pause or slow the rate of drinking the additional water until your symptoms diminish.

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After your Colonoscopy:

- We suggest you relax and take a nap. You may eat if you are not feeling sick to your stomach.
- We recommend you eat something light, avoid fried foods, fatty foods, and large quantities of food.
- It usually takes 1-2 days for a normal bowel movement to return. Some cramping or bloating is normal. The best way to get rid of the cramping is by passing air or gas (farting or burping).
- Call us right away for:
 - Severe or new onset abdominal pain that doesn't improve by passing gas.
 - Rectal bleeding that turns the entire toilet bowl red (more than half of a cup).
 - Fever greater than 101.5 F or chills, or severe dizziness, fainting or chest pain.
 - Vomiting blood, black or coffee ground looking material.

I have read and understand the above instructions.

Date

Patient/Guardian:

A decorative graphic at the bottom of the page consists of a light gray mountain range silhouette with vertical white lines, mirroring the style of the logo above.

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