

MIRALAX/GATORADE/BISACODYL PREP INSTRUCTIONS

Patient: _____ Gastroenterologist: _____

Date of test: _____ Time to arrive: _____

Your arrival time may need to be adjusted based on the doctor's schedule

Where to check in:

- Kootenai Clinic Endoscopy 4th Floor (1919 Lincoln Way, Suite 416)
Specialty Procedures (2003 Kootenai Health Way - North hospital entrance registration desk)

_ Heart, blood pressure and seizure medications:

- If your test is in the morning, take your heart, blood pressure and/or seizure medications with a small amount of water at least one hour before your test.
- If your test is in the afternoon, take your medications at your usual time in the morning.

_ Inhalers:

Use as prescribed, please bring inhalers with you to your appointment.

_ Blood thinners:

Stop _____ : _____ days prior to test.

_ Stop Fish Oil, Flax Seed Oil, THC Oil and CBD Oil three days prior to test.

_ Oral diabetic medications:

Do not take the morning dose on the day of your test.

****For low blood sugar - drink regular sugared clear soda (Sprite, 7-UP, etc.)**

_ Insulin Instructions:

YOU MUST HAVE A DRIVER

- ❖ **The time for your test and recovery may vary, we will give you an estimated time that your driver will need to be here.**
- ❖ Please ask your driver to be flexible as to the time to pick you up.
- ❖ If your driver needs to leave, please let us know how we can contact them.
- ❖ Taxis or Rideshares (Uber, Lyft, etc.) are not allowed due to liability considerations.

Bring reading glasses if needed.

Bring photo ID and insurance cards.

PLEASE NOTE: THERE MAY BE SEPARATE CHARGES FOR YOUR TEST; THE DOCTOR, THE FACILITY, ANESTHESIA AND PATHOLOGY

Scheduled by: _____

SEE REVERSE SIDE FOR PREP INSTRUCTIONS



MIRALAX/GATORADE/BISACODYL PREP INSTRUCTIONS

BEFORE YOU BEGIN

Purchase the following medications over the counter (no prescription needed)

- **Miralax 238g** (8.3 ounces)
- **4 bisacodyl 5mg Laxative Pills (Dulcolax brand or generic okay)**
- Two 32-ounce bottles of Gatorade (**NO RED, BLUE OR PURPLE**)

DAY PRIOR TO TEST

- **Take 2 bisacodyl 5mg tablets at 7 am and 2 additional tablets at 7 pm**
- **NO solid food ALL DAY**
- Start strict **CLEAR LIQUID DIET**, if you are diabetic, monitor your blood sugar. For low blood sugar drink a sugared clear soda like Sprite or 7-up.
- Nothing **RED, BLUE OR PURPLE**

AT _____ ON _____

- Mix HALF of Miralax powder with the 1st 32 oz bottle of Gatorade in a large pitcher. Stir until completely dissolved. Drink an 8 oz glass of the solution every 15 minutes until you finish the mixture.
- If you develop cramping, bloating or nausea while drinking the preparation, you should stop drinking for about a half an hour. Then you can resume drinking the solution. The diarrhea will usually continue for several hours after completing the bowel preparation.

DAY OF THE TEST

AT _____ ON _____

- Mix the other HALF of Miralax with the 2nd bottle of Gatorade. Drink an 8 oz. glass of the solution every 15 minutes until you finish the mixture.
- Continue clear liquids until 4 hours before your test. At this point, you must **stop all liquids** including water, gum, candy, mints, and cough drops. Also includes **NO** chewing tobacco for 8 hours prior to test.

CLEAR LIQUID DIET:

- Coffee or tea with any sweetener – no creamer
- Clear fruit juices—apple, white grape or white cranberry
- Gatorade, other clear bottled drinks
- Any clear carbonated soft drinks- (7-UP, sprite, etc.)
- Clear broth – Chicken, beef or vegetable
- Jello: orange, lemon, lime, pineapple or peach (nothing added)
- Water

It is very important to drink as much fluid as possible to prevent dehydration and to help the Laxative work!

DO NOT DRINK ANY LIQUIDS AFTER _____

Please call the Endoscopy Clinic if you have any concerns about this process at (208) 625-4601.

*****Cancellations within 3 business days may be subject to a \$75.00 charge*****