

Name: \_\_\_\_\_

Date/Time: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Date Of Birth: \_\_\_\_\_

**JAMES D. TOROSIS, MD**

**VICKY W. YANG, MD**

**DANIEL S. RENGSTORFF, MD**

**CYNTHIA W. LEUNG, MD**

LOCATION: \_\_\_\_\_

**COLONOSCOPY WITH Miralax/Gatorade Prep AFTERNOON/4 pills**  
Preparation Instructions

**Purchase these over-the-counter items at your pharmacy:**

- One bottle of **Miralax** powder 238 grams
- Small box of **Dulcolax (bisacodyl)** laxative tablets
- One 64 ounce bottle of **Gatorade Thirst Quencher**. (Avoid red colors)

**Five days before the procedure:**

Please do not take any coumadin, aspirin, or nonsteroidal anti-inflammatories, such as ibuprofen (Advil, Motrin), naproxen (Aleve), Feldene, Relafen, etc. **Acetaminophen (Tylenol) is acceptable.** *If you have a history of blood clots, coronary artery stents or a mechanical heart valve please discuss this with your doctor.*

- Please stop eating food products containing seeds and Iron supplements 5 days prior to the procedure.

**One day before the procedure:**

You may have a normal diet for breakfast and lunch. **After 2PM**, you may have clear liquids only. These include: coffee/tea with sweetener only, beef/chicken broth, apple juice, white grape or white cranberry juices, Gatorade, soda pop, popsicles, and Jell-O. Please, no red or purple colors.

**At 5pm**, take 2 Dulcolax tablets with 8 oz water. Swallow the pills whole. Do not crush or chew. You may experience bowel movements 1-6 hours later. Please continue to drink the above clear liquids.

**At bedtime**, take additional 2 Dulcolax tablets.

**The day of the procedure:**

**At 6 AM**, mix the 238 gram bottle of Miralax in the 64 oz. bottle of Gatorade. Shake solution until the Miralax is dissolved. Drink an 8 ounce glass about every 15 minutes until completely gone. This will take at least 2 hours.

**STOP DRINKING ALL LIQUIDS at 8 AM.** You may take your morning medications with a small sip of water, unless otherwise instructed. If you are diabetic, please discuss your medications with us.

You will most likely receive sedation and will require a designated driver to take you home. Public transportation and taxis are **not an option**. If you need assistance, our office may be able to help you find a ride.