

How to prepare for your colonoscopy

Your procedure is scheduled for: **Date** **Time**

Mon Tue Wed Thu Fri

Check-in at the Ambulatory Surgery Center located at 3801 University Lake Drive, first floor and expect to stay for 2-4 hours.

OR

Check-in to ANMC Day Surgery, located at 4315 Diplomacy Drive, second floor of the main hospital for your procedure and expect to stay for 2-4 hours.

AT LEAST FIVE DAYS BEFORE YOUR PROCEDURE:

- Stop taking any iron supplements and discuss with providers if any blood thinners should be stopped until after the procedure.
- Please call Central Registration at 907-729-1395 up to one week before your procedure to pre-register. If you live in Anchorage, please come in-person to register if you are able.

AT LEAST ONE DAY BEFORE YOUR PROCEDURE:

- Go to Pharmacy to pick up your bowel preparation medication, which will be one 8.3-ounce (238g), 14-dose bottle of Miralax or generic equivalent.
- Purchase two bottles of 28-ounce sports drink such as Gatorade, Powerade, or Propel but **NO RED COLOR**.

THE DAY BEFORE YOUR PROCEDURE (or the Friday before a Monday procedure):

A Day Surgery nurse will be calling you to give you the check-in time for the day of surgery. Please make sure your phone is turned on and able to receive phone calls. If you do not get a call by 6 p.m., please call 907-729-1156 for assistance.

PROVIDER NOTES:

One day before your procedure start a clear liquid diet and no solid foods.

Date:

Time:



Food and drink you cannot have:

- x Nuts or seeds
- x Alcoholic beverages
- x Ice cream or smoothies
- x Foods like milk or cream
- x Breads, meats, eggs, or dairy
- x Soy milk, almond milk or rice milk
- x Juices that are red/orange or have pulp like orange, grapefruit, or tomato juice



Clear liquids you can eat or drink

- Water, sparkling water, and/or clear flavored water
- Black coffee and/or tea with sugar and/or honey (No milk, no creamer)
- Clear chicken, beef, or vegetable STOCK OR BROTH ONLY! (No pieces of meat, eggs or noodles in broth)
- Jell-O or popsicles (No red color)
- Clear fruit juices like apple or white grape (No pulp and no red color)
- 7-Up, Sprite, Gatorade, Crystal Light, ginger-ale, or lemonade (No red color)

Bisacodyl/MiraLAX Split Prep



ALASKA NATIVE
MEDICAL CENTER



How to take the medication

You must complete the entire prep to ensure the most effective colonoscopy.

One day before the procedure take Dose 1

At 4 p.m.

Take the 4 bisacodyl (Dulcolax) tablets.

- Mix half the bottle of Miralax with each of the 28-ounce of sports drink bottles (such as Gatorade but no red color).
- Half Miralax in one sports drink bottle and half Miralax in the second bottle.

At 5 p.m.

Drink all of the first bottle of the Miralax and sports drink mix.

- Drink 1 cup every 15 minutes. It is OK to drink the prep over ice or refrigerate and use a straw to drink.
- Continue to drink a lot of clear liquids up to 5:30 a.m. the day of your procedure. The more clear liquids you drink, the better the prep will be.

After Midnight

- Nothing to smoke
- No chewing tobacco

The day of your procedure take Dose 2

At 4:30 a.m.

Drink the second bottle of the Miralax and sports drink mix.

- Drink the whole bottle in one hour.
- Even if your stool is clear, finish the whole bottle.
- You may drink clear liquids, including black coffee without cream, up to 5:30 a.m. the day of your procedure.

Congratulations! You are done with the prep.

Good job, the hardest part is over!

TIPS FOR PROPER HYDRATION

Prevent fluid loss and dehydration by drinking clear liquids before, during, and after taking the MiraLAX/Gatorade solution. It is important for you to drink an additional 2-3 cups of clear liquids after Dose 1 and Dose 2 to ensure the most effective cleansing without becoming dehydrated.

Remember to stop drinking clear liquids at 5:30 a.m. the morning of your procedure.

TIP: Using baby wipes and/or Tucks® medicated pads may help with anal soreness during bowel preparation.

Take all medications as normal unless otherwise instructed. Remember to stop taking any blood thinners as instructed.



REMINDER!

◆ No Driving Permitted after your procedure.

You must have a responsible escort who is 18 or older who can take you home and stay with you for 24 hours after your procedure.

After your procedure, it is normal to feel bloating or mild abdominal cramping. Passing gas will help you feel better.

If you have a fever or chills, significant bleeding or severe abdominal pain, contact us at 907-729-4444.

If a biopsy was done or polyps were removed, results usually take at least 2 weeks to obtain but sometimes can take longer.

Questions? Call 907-729-4444 to speak with a Colorectal Screening Clinic staff member. We are here to help you!