

MIRALAX/ GATORADE PREPARATION

Please read these directions thoroughly one week before your procedure.

Please arrange to have someone accompany you to drive you home.

To prevent to risk of bleeding, aspirin products and blood thinners such as Coumadin, Plavix, and Pradaxa, should be held.

REMEMBER: The preparation is very important. An adequate clean out allows for the best evaluation of your entire colon. During the prep, using baby wipes or Desitin may ease some of your discomfort.

Purchase these over the counter laxatives:

1. **GATORADE** (64 ounces) of clear Gatorade (two 32 Oz. bottles) **No red, orange, or purple food dyes**
2. **DULCOLAX** 5mg tablets (four tablets)
3. **MIRALAX BOTTLE** 238 grams (over the counter only)

The DAY BEFORE your procedure/surgery:

Clear Liquids Only- Do not eat any solid food starting with breakfast

Examples of clear liquids: Water, clear fruit juices such as apple or white grape, chicken or beef bouillion, jello, clear Gatorade, popsicles, clear soft drinks, coffee without cream or sugar. **NO MILK OR MILK PRODUCTS. NO ORANGE JUICE. NO RED, ORANGE, OR PURPLE JELLO OR JUICES.**

Prep Instructions:

If your colonoscopy is scheduled before 12:00pm, follow the morning schedule.

Morning schedule: before 12:00pm

The day before your colonoscopy:

3-4 PM: Take 2 DULCOLAX tablets

5 PM: Choose from the following 3 options:

1. Mix the entire bottle of Miralax into 64 ounces of Gatorade
2. Mix ½ of the Miralax bottle into two 32 ounce servings of Gatorade
3. Mix 2 capfuls of Miralax into four 8 oz glasses of Gatorade.

Shake or stir the mixture until dissolved.

Drink all 64 ounces or eight 8 ounce glasses over 2-4 hours.

7 PM: Take the last 2 DULCOLAX tablets.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT

If your colonoscopy is scheduled after 12:00pm, you can have breakfast and lunch the day before the colonoscopy, start the clear liquid diet after lunch, and follow the afternoon schedule.

Afternoon schedule: after 12:00pm

The day before your colonoscopy:

3-4 PM: Take 2 DULCOLAX tablets

5 PM: Choose from the following 3 options:

1. Mix the entire bottle of Miralax into 64 ounces of Gatorade
2. Mix ½ of the Miralax bottle into two 32 ounce servings of Gatorade
3. Mix 2 capfuls of Miralax into eight 8 oz glasses of Gatorade.

Shake or stir the mixture until dissolved.

Drink an 8 ounce glass every 30 minutes until 32 ounces (four 8 ounce glasses) is gone.

The day of your colonoscopy:

Drink the remaining 32 ounces of Gatorade mixture with two DULCOLAX tabs **8 hours** prior to your scheduled colonoscopy.

Nothing to eat or drink following the completion of your prep.

**If you begin to feel nauseated or vomit, take a break from your prep. Once the bowel movements start or the nausea resolves, restart the prep. It is best to get all of the prep down at least 6 hours before the procedure.*

**If you have travel or concerns with the morning doses, then you can follow the early instructions, but be aware that your prep may not be adequate.*

The day of your procedure/surgery:

You may take any necessary medications with a sip of water.

Call your physician if you have not had a liquid stool 4 hours prior to the procedure.

Diabetics should take 1/2 of their am Insulin dose