

Instructions for Colonoscopy Preparation using Gatorade/ Miralax Prep

ONE WEEK PRIOR TO COLONOSCOPY

- Stop all iron supplements and vitamins containing iron 7 days prior to procedure.
- If you take Coumadin, or any other blood thinners, approval from your physician will be required to stop the medication. You may continue aspirin if recommended by your doctor.
- No nuts, corn, seeds, or fruits containing seeds three days before colonoscopy.

PURCHASE FROM PHARMACY

- Miralax 238 gram bottle (8.3 oz)
- Dulcolax Laxative Tablets (4 tablets)
- Gatorade 64 oz Bottle (**NO RED OR PURPLE**)

All items can be bought over the counter. You may purchase plain or aloe wipes to prevent a sore bottom.

DAY BEFORE YOUR COLONOSCOPY

- **You will need to be on a clear liquid diet the entire day. You cannot have any solids at this time.**
(Instructions for clear liquid diet are on the last page)
- At 3 pm, take 2 Dulcolax tablets with a glass of water.
- At 5 pm, add the entire bottle of Miralax with 64 oz. Gatorade. Mix until well dissolved.
- Drink an 8 oz. glass of the Miralax/Gatorade solution every 15 minutes until the solution is gone. *(If you become bloated or nauseated, you may take a break from drinking for 30 minutes to 1 hour to allow it to move downstream. Then continue to drink at a slower rate.)*
- After drinking all of the Miralax/ Gatorade solution, take 2 more Dulcolax tablets.
- If you are diabetic, it is important to keep a check on your blood sugars. You may need to adjust your medications since you will be decreasing the amount of calories you are taking in. We suggest taking half your usual dosage. Please discuss this with your family doctor prior to the procedure.

Your stools should become watery from 30 minutes to 3 hours after starting colon cleansing. It is important to consume the entire bottle of solution to allow the physician a clear view of your colon.

(continued on back)



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ON THE DAY OF YOUR COLONOSCOPY

- You **may not have any food or drink after midnight on the night before** your colonoscopy.
- You may brush your teeth.
- **You will need a driver after the procedure** because you will be given medication to make you sleepy during the procedure. If your driver needs to leave after dropping you off, please make sure they leave a working number so we may contact them to pick you up after your procedure.

CLEAR LIQUID DIET

- Ginger Ale, Orange, Sodas, Gatorade, Kool Aid
- Apple juice, White Grape, Orange juice, Lemonade, Limeade (No pulp)
- Water, Tea, Black Coffee (No creamer or milk products)
- Broths or bouillon cubes
- Jell-O and Popsicles (**No red or purple**)
- Hard Candies

