

Miralax-Gatorade Colonoscopy Preparation

To ensure a successful exam, please follow all instructions carefully.

- You **MUST** arrange a ride for the day of your exam. If you fail to arrange acceptable transportation, your procedure will need to be rescheduled.
- If you have diabetes, ask your physician for diet and medication instructions.
- If you are or may be pregnant, please discuss the risks and benefits of this procedure with your doctor.
- Please bring a list of all of your current medications, including any over-the-counter medications with you.
- If you must cancel or reschedule your appointment please call our office as soon as possible.

PURCHASE THE FOLLOWING SUPPLIES AT YOUR LOCAL PHARMACY:

- 4 Dulcolax laxative tablets containing 5 mg of bisacodyl each (NOT Dulcolax stool softener)
- 1 - 8.3 oz. bottle Miralax (238 grams)
- 64 oz. clear liquid (NOT red) Gatorade; G2, Gatorade Ice, Powerade or Powerade Zero are acceptable.
- Only if recommended by your physician - 1 - 10 oz. bottle Magnesium Citrate (NOT red)

7 DAYS BEFORE YOUR COLONOSCOPY:

If you take aspirin **you may continue** to take them as usual unless otherwise instructed by your physician.

If you take NSAIDS such as Advil, Motrin, Celebrex or Ibuprofen, **you should discontinue** taking them unless otherwise instructed by your physician. You should discuss this with your physician in advance of the procedure.

Ask your doctor for specific instructions if you take a blood thinner like Plavix, Pradaxa, Clopidogrel, Coumadin, Warfarin, Xarelto, Elequis, Effient, Prasugrel or Lovenox.

3 DAYS BEFORE YOUR COLONOSCOPY:

Stop eating all nuts, seeds and popcorn.

1 DAY BEFORE YOUR COLONOSCOPY:

- Begin a clear liquid diet. Drink at least 8 glasses of water during the day to avoid dehydration.
- At 12 noon, take 4 Dulcolax tablets then mix 64 oz. Gatorade liquid with 8.3 oz. Miralax and place in the refrigerator (DO NOT ADD ICE)
- At 6 pm, drink one 8 oz. glass of the Miralax/Gatorade solution and continue drinking one 8 oz. glass every 15 minutes thereafter until the mixture is gone. Set a timer for every 15 minutes to keep pace.

Clear Liquids:

- Gatorade, Pedialyte or Powerade
- Clear broth or bouillon
- Coffee or tea (no milk or non-dairy creamer)
- Carbonated and non-carbonated soft drinks
- Kool-Aid or other fruit-flavored drinks
- Strained fruit juices (no pulp)
- Jell-O, popsicles, hard candy

NOT CLEAR LIQUIDS:

- **No red or purple items of any kind**
- **No alcohol**
- **No milk or non-dairy creamers**
- **No noodles or vegetables in soup**
- **No juice with pulp**
- **No liquid you cannot see through**

DAY OF YOUR COLONOSCOPY:

- 4 hours before the procedure, only if instructed by your physician, drink 10 oz. of Magnesium Citrate.
- You may finish any leftover preparation and you may take all of your morning medications as usual (except diabetes medications) with 4 oz. of water up to 2 hours before your procedure. **Absolutely nothing to drink starting 2 hours before the procedure.** (No gum, no hard candies, no water).
- You are ready for the exam if you followed all instructions and your stool is no longer formed, but clear or yellow liquid.

COLON CLEANSING TIPS

1. Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal.
2. Continue to drink the prep solution every 15 minutes as directed. Occasionally, this may involve drinking the solution while sitting on the toilet.
3. Rarely, people may experience nausea or vomiting with the prep. If this occurs, give yourself a 30-90 minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
4. It is common to experience abdominal discomfort until the stool has flushed from your colon (this may take 2 to 4 hours and occasionally significantly longer).
5. Anal skin irritation or a flare of hemorrhoids may occur and can be treated with a variety of over the counter remedies including hydrocortisone creams, baby wipes or Tucks pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories.