



Miralax/Gatorade Bowel Prep Colonoscopy Instructions

*****READ ALL INSTRUCTIONS UPON RECEIPT*****

(You must bring someone with you to drive you home safely, due to sedation)

Medications:

Five (5) days prior to procedure stop all:

- Vitamins
- Blood thinners – contact your prescribing doctor before stopping
- Iron pills
- Stool formers (Imodium, fiber supplements)

Foods to avoid:

Two (2) days prior to procedure avoid the following:

- Nuts
- Seeds
- Raw vegetables

*****You should continue your blood pressure medication, seizure medication, and aspirin unless instructed not to*****

You will need to purchase two (2) 32 ounce bottles of Gatorade, (no red or purple) and 4 Dulcolax Tablets- over the counter.

Upon awakening, the day before your procedure, start a clear liquid diet (NO SOLID FOOD). Mix half of the Miralax 238 gram bottle into one (1) 32 ounce Gatorade bottle; refrigerate.

Diet:

Nothing RED or PURPLE, No Milk/Milk Products and No Non-Dairy Creamer:

Acceptable List of Clear Liquids:

- | | | |
|---------------------|-----------------------|-------------------------|
| - Water | - Apple juice | - Coffee(black) |
| - Gatorade™ | - Bouillon | - Hi-C™ or CrystalLite™ |
| - White grape juice | - Soft drinks – clear | - Popsicles |
| - Lemonade | - Tea | - Jell-O™ |

Prep:

The day before your procedure, at 4 PM take four (4) Dulcolax tablets with water and continue clear liquids.

At 5:00 PM, the day before your appointment, begin drinking the 1st dose of Miralax/Gatorade

- Drink the first dose of Miralax/Gatorade at a rate of eight (8) ounces every 15 – 30 minutes (over 1 – 2 hours)
- Mix the 2nd dose of Miralax/Gatorade and refrigerate
- Continue clear liquid diet as above (NO SOLID FOOD)

Five (5) hours prior to your arrival time, on the day of your procedure, drink the second dose of Miralax/Gatorade at a rate of eight (8) ounces every 15 – 30 minutes (over 1 – 2 hours)

DO NOT DRINK OR EAT ANYTHING ELSE (NO WATER/DO NOT CHEW GUM)

*****Not following all of these instructions will result in your procedure needing to be canceled and rescheduled*****