

COLONOSCOPY PREP USING MIRALAX AND GATORADE

Morning Appointments

PATIENT: _____

DOCTOR: _____ LOCATION: _____

PROCEDURE DAY: _____ DATE: _____

ARRIVAL TIME: _____ PROCEDURE TIME: _____

PLEASE PURCHASE THE FOLLOWING OVER THE COUNTER SUPPLIES AT YOUR LOCAL PHARMACY:

One (1) Bottle of Miralax 238 grams (8.3 oz.) or its generic version

One (1) 64 oz. bottle or two (2) 32 oz. bottles of Gatorade/Powerade/Propel **(NO RED, ORANGE or PURPLE)**

Four (4) Dulcolax tablets or its generic version

One (1) 10 oz. bottle of Magnesium Citrate **(NO RED)**

THE DAY PRIOR TO YOUR PROCEDURE. DAY: _____ DATE: _____

You must follow a clear liquid diet all day. LIQUIDS ALLOWED: Water, black coffee, apple and white grape juice, soda, tea, Kool Aid, sports drinks, lemon or lime Jell-O, chicken or beef broth, and popsicles.

NOT ALLOWED: Solid food, milk, alcohol or anything RED, ORANGE, or PURPLE.



STEP 1: You will need to mix the entire **238 gm** bottle of Miralax powder in **64 oz.** of Gatorade (or Powerade/Propel). Shake the solution until Miralax is dissolved. Place solution in the refrigerator to chill. Split the mixed beverage into two **32 oz.** servings.



STEP 2: **4:00 PM**, take two (2) Dulcolax tablets with **8 oz.** of water. Swallow the tablets whole with a full glass of water.



STEP 3: **4:00 PM**, begin drinking one **8 oz.** glass of Miralax/Gatorade solution and continue drinking one **8 oz.** glass every **15-30** minutes until you have finished the entire first **32 oz.** portion of Miralax/Gatorade. This should take you approximately **1 hour**.



STEP 4: At **7:00 PM**, repeat **Steps 2 and 3**. Stay near toilet. You will have diarrhea, which can be quite sudden. This is normal. The stool should eventually be a clear yellow liquid. **No food, drink or water after midnight (12:00 AM)** *If by **10 PM** the bowel movement is not clear, please drink the **10 oz.** of Magnesium Citrate. *



AT LEAST A WEEK BEFORE YOUR PROCEDURE: Check with your prescribing doctor to make sure it is safe to hold prescription blood thinners, such as Coumadin, Plavix, Pradaxa, Xarelto, Warfarin, Eliquis, or iron supplements. Please get permission to stop these **4 days prior** to your procedure.

COLON CLEANSING TIPS:
Drink Miralax chilled
Drink sips of the Miralax through a straw
Walking will help move the solution through your body
If you feel bloated or your stomach feels "full", drink solution slow
Continue drinking lots of clear liquids until midnight
Anal skin irritation or flare of hemorrhoid inflammation may occur. If this happens, treat it with over-the-counter remedies, such as hydrocortisone cream, baby wipes, Vaseline, or tucks. Avoid products containing alcohol.

NPO STATUS: During your procedure you will be administered either general anesthesia or heavy sedation. For your safety, it is essential you follow these guidelines:

- No GUM, CANDY, MINTS, CIGARETTE SMOKING or TOBACCO USE 4 hours prior to your arrival time.
- NOTHING TO EAT OR DRINK AFTER MIDNIGHT.

THE DAY OF YOUR PROCEDURE:

- If you take insulin or oral diabetic medication, you are advised to **HOLD** and **DO NOT TAKE** on the day of your procedure. Bring it with you.
- Take any routine heart, blood pressure or seizure medications with a **SMALL** sip of water. At least two hours before your procedure.

YOU MUST HAVE WITH YOU:

- A responsible adult to drive you home. This individual must be present with you, check-in and stay at the facility during the procedure or your procedure will be **CANCELLED**.
- A list of all medications you are now taking, including over-the-counter products and herbal supplements.
- A list of any allergies you have.
- If you have a Pacemaker/AICD please bring in your Pacemaker/AICD card.

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Any questions, please contact us at:
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