

Colonoscopy with Miralax / Gatorade Preparation

Purchase at the Pharmacy

Miralax, 255g bottle (prescription from your doctor)

D ulcolax, 4 tablets (over the counter)

G atorade Ice, 64oz bottle

One Week Prior to the Procedure

DO NOT take iron pills, Aspirin, Coumadin, Motrin, Advil, Ibuprofen, Plavix, Celebrex, or any pain medication that is not **TYLENOL**. **TYLENOL and other brands which contain ACETAMINOPHEN are safe to use prior to this procedure.**

One Day before the procedure:

Have a **clear** liquid diet throughout the day. Avoid dairy products and juices with pulp such as orange or grapefruit juice. Examples of clear liquids include fat free and low sodium broth, clear juices (white grape or apple), lemon or lime jello, sport drinks like Gatorade or Powerade, sodas like Sprite, 7-Up, or ginger ale, lemonade, popsicles (no sherbets or fruit bars) and of course water.

1. At **3:00pm**, take 4 Ducolax tablets with a glass of water
2. At **5:00pm**, mix all of the 255g bottle of Miralax with the 64oz bottle of Gatorade Ice in a pitcher. Shake the solution until the Miralax is dissolved. Drink an 8 oz. glass every 10-15 minutes until the solution is gone. It usually takes about an hour to begin to notice the diarrhea affect. You may notice some bloating or cramping at the beginning of the prep, but this usually gradually improves once the diarrhea begins. It usually takes two hours to complete half of the entire container, and diarrhea generally continues for about an hour or two after completing the prep. Many have found that drinking the prep through a straw and chilling the solution improves tolerance. *You can also divide the miralax into 2 - 32oz bottles of different flavors of Gatorade*
3. **DO NOT** take diabetic medications the night before or morning of the procedure.
4. If you are on Antihypertensive / Blood Pressure medication, you **SHOULD** continue to take them as usual with a sip of water.

Day of Procedure:

DO NOT EAT OR DRINK ANYTHING THAT DAY!

If you take medication, you may have it the morning of the procedure with a small amount of water. This means NO MORE than a few **SMALL** sips of water.