

Procedure Instructions

One-Day Miralax/Gatorade Prep For Colonoscopy

In Preparation:

- Buy at any pharmacy:
 - 1 Miralax powder (8.3oz/238 grams)
 - 4 Dulcolax tablets
 - 64 oz. Gatorade (NO RED or PURPLE)
- Stop taking iron one week before the day of your procedure.
- If you take blood thinners, check with your dosage regulator as to when you should stop taking them. An INR will be needed prior to your procedure.
- Do NOT stop aspirin if you are taking it for a medical reason. Otherwise, stop taking it one week prior to your procedure.

1 Day Before Procedure:

- Have a CLEAR LIQUID diet all day long. No solid food.
 - Clear liquids include Gatorade, carbonated beverages, coffee (no cream), tea, flavored gelatin, ices without milk, popsicles, fruit juices and drinks without pulp, bouillon, broth, honey, sugar, plain hard candy, salt and pepper. NO RED/PURPLE LIQUIDS OR JELLO or Milk or Milk products.
- Mix the entire contents of Miralax powder with Gatorade and refrigerate.
- Take 4 Dulcolax tablets at 12:00 p.m.
- Start drinking the Miralax/Gatorade mixture at 5:00 p.m. Drink an 8 oz. glass every 10-12 minutes. Do NOT drink broth after starting to drink the mixture.
- You may feel bloated and have nausea.
- Be sure to take ALL of the mixture. Your procedure will not be done if it is incomplete.
- You will experience frequent loose bowel movements. They should stop around bedtime. Stool should be clear and light tan.
- Continue clear liquids until bedtime. Do NOT eat or drink anything including water after midnight or 6 hours prior to arrival time if your appointment is in the afternoon.

Day of Procedure:

- Plan at least 3 hours total for your procedure.
- Arrive for your procedure at the scheduled arrival time with a list of your current medications.
- Your driver must stay until your procedure is done. If this is not pre-arranged, your procedure will need to be rescheduled at a later date to ensure your safety.
- After the procedure, you will be moved to our recovery area to be evaluated. Expect to feel a little groggy after your procedure.

After the Procedure:

- If you have a delicate digestive system you MAY want to eat lighter fare than normal for your first few hours after your procedure.
- Possibly avoid greasy and/or spicy foods until after you put something lighter into your system.
- Unless otherwise directed, you may resume eating normally.