

Miralax and Gatorade Prep Instructions

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.

7 DAYS BEFORE YOUR COLONOSCOPY

- Discontinue all medications that can cause bleeding like Aspirins, NSAIDs's (Motrin, Celebrex, Ibuprofen), Fish oil, Vitamin E, Iron pills (Feasol, Fergon, Nifrex, Chromagen), and Fiber supplements (Metamucil, Citracal, Benefiber)
- *Tylenol and Acetaminophen are acceptable to take.

3 DAYS BEFORE YOUR COLONOSCOPY

- Stop eating all nuts, seeds and popcorn.

2 DAYS BEFORE YOUR COLONOSCOPY

- Drink at least 8 glasses of water during the day
- Stop eating solid foods no later than midnight.

1 DAY BEFORE YOUR COLONOSCOPY

- **Begin a clear liquid diet upon waking up in the morning, no solid food of any kind today.**
- Drink at least 8 glasses of water during the day to avoid dehydration.
- **At 3pm**, take 4 Dulcolax tablets. Mix 64 oz. liquid with 8.3 oz. Miralax and place in the refrigerator (DO NOT ADD ICE)
- **At 5 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.

DAY OF YOUR COLONOSCOPY

- **Stop drinking all liquids three (3) hours before your appointment time.**
- If you take heart, seizure or blood pressure medications take them at least (2) two hours prior to the procedure with a sip of water.
- Arrive at the facility one hour prior to your appointment time.

Clear Liquid:

- Gatorade, Pedialyte or Powerade
- Clear broth or bouillon
- Coffee or tea (no milk or non-dairy creamer; sugar is okay)
- Carbonated and non-carbonated soft drinks
- Kool-Aid or other fruit-flavored drinks
- Strained fruit juices- like white cranberry or white grapefruit or apple juice, no pulp.
- Jell-O, Italian Ice's, popsicles, hard candy

Not Clear Liquid:

- No red, orange 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

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 hemorrhoidal inflammation 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.
6. Do not use suppositories.