



Colonoscopy Preparation Instructions

MiraLAX / Gatorade Prep



You will need to purchase the following:

1. Four Dulcolax Laxative tablets
2. One bottle (238 grams) Miralax. **(NO GENERIC)**
3. One 64 oz. Bottle of Gatorade **(NO RED FLAVORS)**
4. Read and familiarize yourself with the preparation instructions below.
(The Dulcolax and Miralax can be purchased at any pharmacy: Walmart Walgreens. You **DO NOT** need a prescription)

FOUR DAYS PRIOR TO PROCEDURE:

1. Stop taking iron and vitamins with iron
2. Discontinue fiber supplements, such as Metamucil, Citrucel, Bene-fiber, Fiber-Con, etc.
3. Please stop eating any nuts, seed, corn or popcorn.
4. Minimize high fiber foods, such as: salad, grains etc.
5. If you take Coumadin (Warfarin) or any blood thinners, you will need to speak with your Primary Care Provider. You will need to stop the Coumadin (Warfarin) in order to have the Colonoscopy performed. Your Primary Care Provider will be able to determine if it is safe for you to be off of the Coumadin (Warfarin) for four days.

ONE DAY PRIOR TO THE PROCEDURE:

1. **Clear liquid** diet only. No solids. No milk or milk products.

Examples of a clear liquid diet:

- Soups: Clear bouillon, chicken broth, vegetable broth, beef broth, or consommé.
- Beverages: Tea, you may add sugar or sweeteners, black coffee-no creamer
- Cool-aid and carbonated beverages are acceptable (no red color)
- Juices: Apple, white grape, strained lemonade and orange drink or any juice that you can see through.
- Jello, popsicles

****Please DO NOT drink any red colored drinks or red jello or popsicles****

It is very important to increase fluid intake to prevent dehydration, please make sure to drink at least 8 glasses (2 quarts) or more of fluid such as Gatorade or a similar product, preferably not just plain water.

AT NOON: (12:00 P.M.)

Take the 4 Dulcolax Tablets. In an empty container mix the 238-gram bottle of MiraLAX with the 64 oz. bottle of Gatorade and stir until dissolved

TWO HOURS AFTER TAKING THE DULCOLAX TABLETS: (2:00 P.M.)

Drink 8 oz. of the Miralax/Gatorade mixture every 20-30 minutes until the entire solution is gone. Continue to drink clear liquids until bedtime. It is very important that you drink all of the solution so your colon is cleaned out to allow for a good exam.

AFTER MIDNIGHT, DO NOT DRINK ANY MORE FLUIDS

The morning of the procedure you should take your medication as you usually do with a sip of water except for iron or blood thinners. If you need food with any of your medication please wait until the Colonoscopy is complete to take those medications.

***If you have diabetes:** You will need to consult with your Primary Care Provider or Endocrinologist about dosing your diabetic medication. Continue to monitor your blood sugar as you normally do unless otherwise instructed by your Primary Care Provider or Endocrinologist.*

If you take any medication that delay gastric emptying (Primarily Ozempic) you may need to do a two-day prep or require further instruction.

Do not consume anything after midnight this includes: gum, mints, candy, chewing tobacco, marijuana of any form, and smoking cigarettes/vaping.

ON THE DAY OF THE PROCEDURE:

***Do not eat or drink anything prior to your procedure!!** As stated above you may take your medication with a sip of water.*

*If you are diabetic, please **DO NOT** take oral diabetic medication on the morning of the procedure unless otherwise instructed.*

You must be accompanied by a responsible adult and have a ride home after your procedure.

Patient _____ Date _____ Time _____

Witness _____ Date _____ Time _____