

MiraLax and Gatorade Colonoscopy Preparation

Please read and follow these detailed instructions to clear your colon of stool in preparation for your procedure. If your colon is not cleaned out by following these instructions, your procedure may be cancelled or it is possible polyps or lesions may not be visible during your exam.

Purchase the following items at least 2 days before your colonoscopy:

- Bisacodyl or Dulcolax laxative tablets (4 tablets, 5 mg each tablet)
- Gatorade (one 64 ounce or two 32 ounce bottles) – No red or purple colors
- MiraLax 8.3 ounce bottle/14-day supply (Generic brand is ok)

Important details about your procedure:

- You must have a driver to drive you home. You will not be able to drive or return to work the day of the procedure due to the sedation you will receive.
- Please be sure to check with your insurance carrier to make sure a colonoscopy is a covered benefit under your policy. The phone number to call is on the back of your insurance card.
- If you are diabetic or take medication for high blood pressure, please consult with your doctor for additional instructions as you may need dose adjustment (insulin, oral diabetic medication, anti-hypertensives and water pills).
- If you are taking blood thinners such as Coumadin (Warfarin), Plavix, Pradaxa, Xarelto, Heparin, Eliquis, black cohosh, etc., follow the directions on stopping these medications. If you are not approved to stop blood thinning medicine, call your surgeon's office to discuss this further.

Five days prior to your colonoscopy:

- Stop taking iron supplements, if you take them.

Three days prior to your colonoscopy:

- Begin a low-fiber diet: AVOID raw fruits, vegetables, whole wheat, nuts, popcorn, bran, Metamucil, FiberCon, or other bulking agents.

Two days prior to your colonoscopy:

- Increase your water intake. Try to drink at least eight (8) glasses of water a day.
- Do not eat foods that contain seeds (strawberries, raspberries, seeded buns, etc.).



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The day before your colonoscopy:

- Do not eat solid foods. You need to be on a CLEAR liquid diet the entire day. A list of recommended clear liquid drinks is at the bottom of the page.
- In the morning, pour the Gatorade into a pitcher or larger container & mix the entire contents of the MiraLax powder until it completely dissolves. You may place it in the refrigerator or leave out at room temperature.
- **At 9:00 a.m.**, take all 4 Bisacodyl (Dulcolax) tablets. This should cause a few bowel movements but the effects usually do not happen immediately. Be sure you have access to a restroom for the rest of the day.
- **At 6:00 p.m.**, start drinking the solution of MiraLax and Gatorade. Drink an 8 ounce glass every 10 minutes. It will take about 2 hours to drink the entire 64 ounces of the bowel prep mixture.

*****If your procedure is scheduled after 11:00 a.m. the next day, drink ½ of the MiraLax/Gatorade mixture (32 ounces) the night before your colonoscopy and save the other 32 ounces for the morning of the procedure.**

- Continue drinking clear liquids even after you finish your bowel prep mixture.
- If you experience bloating, cramping, nausea or vomiting, take a 15-30 minute break, then resume drinking the bowel prep mixture.
- This bowel prep may cause you to go to the bathroom in the middle of the night.

The day of your procedure:

*****If your procedure is after 11:00 a.m.**, drink the last half of the MiraLax/Gatorade prep starting at 6:00 a.m. You will need to drink one 8 ounce glass every 15 minutes until you are finished.

- You may drink clear liquids up to 4 hours prior to your procedure.
- Wear comfortable clothing. You will be asked to change into a gown in the surgical area.
- You may take your necessary medication in the morning with a sip of water.
- Bring a current list of your medications including dosages to your procedure.

Clear Liquid Diet—clear liquid diets contain foods that are free of fat and fiber. These foods will liquefy to a transparent or clear liquid at room temperature. Drink as much clear liquid as you like and may include any of the following:

- Black coffee, tea, soda pop, water, sports drinks (No red/purple drinks & no creamer)
- Jell-O, popsicles, flavored ice (no red or purple colors and no pulp or seeds)
- Clear fruit drinks or juices. **No pulp**
- Soups: broth, consommé, meat stock or vegetable stock (strained)
- Hard candy (suck on candy – no red or purple)
- Salt, sugar, and dissolvable flavorings are allowed (example-Crystal Lite)

****NO red or purple colored liquids as the dye discolors the lining of the colon.**

****NO dairy or non-dairy creamer products or alcoholic beverages while on a clear liquid diet.**