

Miralax-Gatorade Preparation

To ensure a successful exam, please follow all instructions carefully.

You **MUST** arrange a ride for the day of your exam. If you fail to arrange acceptable transportation, your procedure will need to be rescheduled. If you have diabetes, ask your physician for diet/medication instructions. If you are or may be pregnant, please discuss the risks/benefits of this procedure with your doctor. Please bring a list of all current medications, including over-the-counter with you.

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)-may substitute 2-10oz bottles of Magnesium Citrate (NOT red)
- 64 oz. clear liquid (NOT red). Gatorade, G2, Gatorade Ice, Powerade or Powerade Zero are acceptable

7 DAYS BEFORE YOUR COLONOSCOPY:

If you take aspirin or NSAIDS (i.e. Advil, Motrin, Celebrex, or Ibuprofen), you may continue to take them as usually unless otherwise instructed by your physician. You should discuss this with your physician in advance of your procedure. Ask your doctor for specific instructions if you take a blood thinner like Plavix, Pradaxa, Clopidogrel, Coumadin, Warfarin, Effient, Prasugrel or Lovenox.

3 DAYS BEFORE YOUR COLONOSCOPY:

Stop eating all nuts, seeds, popcorn, vegetables, and grains

1 DAY BEFORE YOUR COLONOSCOPY:

Begin a clear liquid diet after a light breakfast. Drink at least 8 glasses of water during the day to avoid dehydration. At 12 noon, 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.

Clear Liquid Examples:

- * Gatorade, Pedialyte, Powerade
- * Clear broth or bouillon
- * Coffee or tea (no milk or non-dairy creamer)
- * Carbonated & Non-carbonated soft drinks
- * Kool-Aid or other fruit-flavored drinks
- * Strained fruit juices (no pulp)
- * Jell-O, Popsicles, Hard Candy

Avoid:

- * No red or purple items
- * No alcohol
- * No milk or non-dairy creamers
- * No noodles or vegetables in soup
- * No juice with pulp
- * No liquid you cannot see through

DAY OF YOUR COLONOSCOPY:

Nothing to eat or drink after midnight. You may take all of your morning medications as usual with 4oz. of water up to 3-4 hours before your procedure.

No smoking or tobacco products the day of your procedure.

You are ready for the exam if you followed all instructions and your stool is no longer formed, but clear or yellow liquid.

**You will receive a call from a nurse at EAMC, 1-2 days prior to your procedure. If you have not received a phone call, please call EAMC at (334) 528-2007 the day before your procedure. If you need to cancel or reschedule your procedure, please call EAMC Scheduling Dept at (334) 528-1215 Option "0".

** If you have any questions, please call **Surgical Clinic, PC** at (334) 745-6271.

** You will need a driver to be with you the **ENTIRE TIME** and take you home after the procedure.