



MIRALAX-GATORADE PREPARATION

Please follow all instructions carefully to prepare for your exam.

- You **MUST** have a driver the day of your exam.
- You are not permitted to drive for the entire day due to the medications you will receive.

Special Conditions:

- Tell your gastroenterologist if you are pregnant, have heart, lung or kidney condition, or if you have had heart valve replacement.
- Diabetics please contact your prescriber, insulin or oral medication may need adjusted by your prescriber the day before and the day of the procedure.

Preparation ingredients: *These are available for purchase at your drug store.*

- (4) Dulcolax laxative tablets, (also known as Bisacodyl 5 mg.)
- (1) 8.3 oz. bottle Miralax powder (238 grams) or generic equivalent (Polyethylene Glycol)
- (1) 64 oz. clear liquid such as, Gatorade, G2, Powerade, Powerade Zero, Vitamin Water, Propel (avoid red or purple colored drink)
- (1) 10 oz. bottle Magnesium Citrate, (lemon lime)

Clear Liquid Diet:

- Gatorade, G2, Powerade, Powerade Zero, Smart Water, Vitamin Water, Pedialyte, Propel
- Clear broth, bouillon broth (no soup)
- Clear or strained fruit juice, such as apple juice, white grape juice
- Carbonated and non-carbonated beverages and waters
- Jell-O and popsicles (no red or purple)
- Coffee, tea, iced tea, lemonade (no cream or milk or non-dairy creamer)
- Hard candy
- **AVOID items that are colored red or purple. DO NOT drink alcohol, milk, dairy products, or non-dairy creamer.**

7 days before your colonoscopy:

- **Stop** taking iron supplements or multi-vitamins containing iron.
- **Ask your doctor for specific instructions if you take a blood thinner or take oral anti-thrombin inhibitors.**
- **STOP eating nuts, seeds, popcorn,** or high fiber foods, stop taking fiber supplements.
- If on a daily regimen, take your Aspirin.

1 Day before your colonoscopy:

- Do not eat solid foods from the time you wake up. Begin the **Clear Liquid Diet** (acceptable clear liquids are listed above).
- Drink plenty of clear liquids through the day listed under **Clear Liquid Diet**. We also recommend (1) 8 oz. glass of water every hour.
- **At 3:00 PM** take (4) Dulcolax tablets. Mix 64 oz. liquid with 8.3 oz. Miralax and refrigerate.
- **At 5:00 PM** drink (1) 8 oz. glass of the Miralax/Gatorade solution **every 15 minutes** until the solution is gone. You should drink it all within 2 hours.
- **By 11:00 PM** your bowel movements should be yellow to clear.
- If bowel movements are not yellow or clear, drink 10 oz. of Magnesium Citrate.

The Day of your colonoscopy

- Nothing to drink after midnight.
- If you use an inhaler, please bring it with you.
- You may take prescribed medications with a sip of water up to 4 hours before your procedure.
- **Nothing by mouth 4 hours prior to procedure, no gum, candy, cigarettes, or smokeless tobacco.**

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