

## Miralax Gatorade Preparation Instructions

Arrive for your colonoscopy \_\_\_\_\_ minutes prior to your scheduled procedure time.

You are scheduled on \_\_\_\_\_ at \_\_\_\_\_. Arrive at \_\_\_\_\_.

Facility \_\_\_\_\_ Doctor \_\_\_\_\_

If you have questions, please call us toll free at 1-855-ILL-GASTro (1-855-455-4278).

**\*\*If you take anti-coagulants/blood thinners (for example: Coumadin, Plavix, Pradaxa, Xarelto, Eliquis, Effient, Brilinta, etc.) or Insulin, please notify our office at least 10 days prior to your procedure.**

**\*\*Please inform us if you weigh greater than 250 lbs., have kidney disease, congestive heart failure, artificial heart valves, a pacemaker or defibrillator (AICD), sleep apnea, or ascites.**

**\*\* Please discontinue iron or fiber supplements, seeds, nuts, popcorn, and raw vegetables one week before your colonoscopy.**

**THE DAY BEFORE YOUR COLONOSCOPY:** The day before your colonoscopy is when you will start your preparation. The colon needs to be as clean of stool as possible. If this cannot be achieved, the test may be incomplete and abnormalities may be missed.

**1. DRINK ONLY CLEAR LIQUIDS ALL DAY (No solid food):**

It is important to prepare your body with plenty of clear liquids before the prep. The explanation of a clear liquid diet is anything you can see through if held up to a light.

**APPROVED CLEAR LIQUIDS LISTED BELOW:**

- Water, Black Coffee or Black Tea (no cream or artificial cream )
- Strained fruit juices WITHOUT pulp ( for example: apple, white grape)
- Clear Broth or Bouillon (for example: chicken or beef or vegetable broth)
- Carbonated or noncarbonated CLEAR soft drinks (for example: Sprite, ginger ale)
- Gatorade, Kool aid or lemonade with no pulp (NO RED OR PURPLE)
- Plain Jell-O (without fruit or toppings ) ( NO RED OR PURPLE)
- Popsicles (NO RED OR PURPLE)
- NO DAIRY PRODUCTS
- NO ALCOHOLIC BEVERAGES

**GET THESE FROM THE PHARMACY (OVER THE COUNTER) A FEW DAYS BEFORE:**

- 1 Miralax bottle (238 Grams)
- A 64 oz bottle (or two 32 oz) bottles of Gatorade (no red or purple)
- 1 bottle of Magnesium Citrate (10 oz)

**THE DAY BEFORE YOUR PROCEDURE:**

\* In the morning, mix the entire 238 gm bottle of Miralax with 64 oz of Gatorade, mix well and refrigerate.

**1) At 5 PM:** Drink bottle of Magnesium Citrate 10 oz.

**2) At 7 PM:** Drink an 8 oz glass of your prepared Miralax solution every 15 to 30 minutes – if you get nauseated, pause and take a break for an additional 30 minutes.

IF YOUR PROCEDURE IS SCHEDULED BEFORE 11 AM, DRINK ALL OF THE SOLUTION THE NIGHT BEFORE THE COLONOSCOPY, AND TAKE NOTHING BY MOUTH AFTER YOU FINISH THE PREP (except non-restricted medications).

**IF YOUR PROCEDURE IS SCHEDULED FOR AFTER 11 AM, FOLLOW THE NEXT STEP:**

3) Drink ½ of the Miralax/Gatorade solution the night before the procedure and the remainder on the morning of the procedure. Start drinking this second ½ at 5AM and finish by 7AM. NOTHING BY MOUTH AFTER 7AM. TAKE YOUR NON RESTRICTED MEDS WITH A SIP OF WATER BEFORE 7AM.

- Bowel movements usually start within 1 or 2 hours after you begin drinking and usually continue for 1 or 2 hours after you finish.
- It is normal to feel full and somewhat bloated while you are drinking the prep. If you become nauseated, slow your pace of drinking.
- If you find you cannot tolerate the prep, then please call our answering service to discuss with the doctor on call. (1-855-ILL-GASTro/1-855-455-4278)

**THE DAY OF THE PROCEDURE:**

In the morning, you should use inhalers, and take heart, blood pressure, seizure, anti-anxiety, and respiratory medications with a sip of water, enough to swallow them (*no blood thinners or oral diabetic medications*). You should wake up early and take these **at least 2 hours** before your test, even if you are having an EGD with your colonoscopy.

On the morning of the procedure you may pass some cloudy or dark liquid stool. This is common and not something to be concerned about. If you drank the prep until your stool was clear the day before, your prep is probably fine.

Female patients of childbearing age will be required to provide a urine specimen for a pregnancy test prior to anesthesia the day of the procedure. Please avoid urinating prior to arrival the day of your procedure to prevent delay or possible cancellation.

**TRANSPORTATION HOME:**

**Because of the medications you will be given during the procedure, you will need someone to drive you to the facility and then drive you home. You will not be able to use a taxi or bus. The test may be cancelled if you do not have a driver. There will be no exceptions.** After the procedure, you may resume driving the next day unless your doctor instructs you differently. If you have any questions, please call our office at **1-855-ILL-GASTro/1-855-455-4278**.