

Instructions For Total Colonoscopy/Polypectomy (Gatorade/Miralax Prep for Colonoscopy)

1. ONE WEEK BEFORE YOUR PROCEDURE:

- Begin a low residue diet – DO NOT eat nuts, seeds, popcorn, or corn
- Discontinue fiber supplements: Metamucil, Citrucel, Fibercon, etc.
- Discontinue taking iron pills or medications that can cause bleeding. These include Coumadin, Aspirin, Ibuprofen, Advil, etc.

2. ONE DAY BEFORE YOUR PROCEDURE:

- Drink only clear liquids for breakfast, lunch and dinner. Solid foods, milk, or milk products are not allowed. Clear liquids include: Strained fruit juices without pulp (apple, white grape, lemonade), Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid (avoid red coloring) Jell-O (without added fruits or toppings, avoid red coloring), ice popsicles.
- **At 3:00 p.m.**, take (4) Dulcolax tablets
- **At 5:00 p.m.**, mix the 238 gram bottle of Miralax with 64 ounces of cold Gatorade. Shake the solution to mix thoroughly. Drink an 8 ounce glass every 10- 15 minutes until the solution is gone. This is a bowel cleansing prep and should cause you to have diarrhea. You may continue clear fluids until bedtime.

3. ON THE DAY OF THE PROCEDURE:

- If you take blood pressure or heart medicine you may take it with a sip of water. All other medications skip until after your procedure.
- You may not leave the facility without a responsible party to care for you during the first 4 hours after the procedure.
- **DRIVING IS PROHIBITED THE ENTIRE DAY OF THE PROCEDURE.**

Date of Appointment: _____ Time: _____

Location: () PARKWAY ENDOSCOPY CENTER
488 E. VALLEY PARKWAY STE. 110
ESCONDIDO, CA 92025
***Arrive 45 minutes prior to your appointment time.**

If you have any questions, please call the office 489-0908.