

# COLONOSCOPY BOWEL PREPARATION USING MIRALAX & GATORADE COMBINATION

## 7 DAYS BEFORE EXAM:

Arrange for a ride. You will be given medicine that makes you relaxed and sleepy, so that you cannot drive a car or take a bus home. If you arrive without an escort, your procedure may need to be rescheduled. Stop taking Iron, Vitamin E, Ginko, Ginger, Aspirin, and Garlic. **IF YOU TAKE PLAVIX, STOP TAKING IT AT THIS TIME.** Do not eat any nuts, seeds, popcorn or corn from now until the procedure.

## IF YOU TAKE COUMADIN OR WARFARIN:

Stop taking Coumadin or Warfarin 4 days before the planned procedure. If you are unsure what to do, contact the office.

## 2 DAYS BEFORE EXAM:

Purchase four (4) Dulcolax tablets, a 238 gram bottle of Miralax, and 64 oz of Gatorade (Any color except red, pink or orange). You may want to obtain Vaseline or wet wipes to protect the rectal area during the prep.

## IF YOU ARE DIABETIC:

If you are diabetic, you will need to watch your blood sugars closely for the next several days, and may need to adjust how you normally take your medications. Please check with the office about the adjustments that need to be made. In general:

- If you are taking pills, you will take them normally in the morning the day before the exam, but not in the evening. Do not your diabetic pills the day of the exam.
- If you are taking Byetta, do not take this at all the day before or the day of the exam.
- If you take insulin, take your normal dose the morning the day before the exam, but only take one-half of your normal dose in the evening. Only take one-half your normal dose the morning of the exam.

## THE DAY BEFORE EXAM:

Drink *only clear liquids* for breakfast, lunch, and dinner. Solid foods, milk, or milk products are **not** allowed. *Clear liquids* include all of the following that are *not colored red or purple*: strained fruit juices without pulp (apple, white grape, lemonade), water, clear broth or bouillon, coffee or tea (without milk or non-dairy creamer), Gatorade, carbonated and noncarbonated soft drinks, Kool-Aide (or other fruit flavored drinks), plain Jello (**without** added fruit or toppings), and ice Popsicles.

## PREP SCHEDULE:

- Breakfast - have only *clear liquids*
- Lunch - have only *clear liquids*
- Dinner - have only *clear liquids*

- STEP ONE: At 12:00 Noon take four (4) Dulcolax tablets with water. Do NOT chew or crush. Do not take the tablets within one hour of taking an antacid.
- STEP TWO: At 3:00 PM, mix the 238 gram bottle of Miralax in 64 oz of Gatorade. Shake the solution until the Miralax is dissolved.
- STEP THREE: Drink an 8 oz glass every 10 – 15 minutes until the solution is gone. Make sure you have arranged for someone other than yourself to drive home after the test. Remain close to a toilet, since multiple bowel movements may occur.
- Before morning, drink **at least** three additional glasses of clear liquids:
- Drink 8 fl oz of **clear liquids**
- Drink 8 fl oz of **clear liquids**
- Drink 8 fl oz of **clear liquids**
- Nothing to eat or drink three hours before the test

#### DAY OF EXAM:

##### PREP SCHEDULE:

- Arrive at the hospital one hour before your scheduled test.