

Miralax-Gatorade Bowel Preparation

Instructions

Bowel preparation before a colonoscopy actually starts days before, when you should stop taking certain medications or supplements. You need to follow your provider's instructions on using MiraLAX and Gatorade.



IF YOU DO NOT FOLLOW THESE DIRECTIONS, YOUR COLONOSCOPY WILL BE CANCELLED.

Key instructions

- Your bowel must be empty so that your doctor can clearly view your colon. Follow all of the instructions in this handout **EXACTLY** as they are written.
- DO NOT eat any solid food the ENTIRE day before your [colonoscopy](#). Drink only clear liquids.

Buy your bowel preparation at least **five days** before your colonoscopy. Purchase:

- Four Dulcolax® laxative tablets containing 5mg of bisacodyl each (NOT Dulcolax stool softener).
- One 8.3-ounce bottle of MiraLAX® (238 grams) or generic equivalent.
- Two 32-ounce bottles of Gatorade®. (NOT RED).
- **Diabetic patients should use Gatorade G2®. (NOT RED).**

Transportation on the day of your exam

A responsible person **MUST BE PRESENT** with you at Check In before your colonoscopy and **MUST REMAIN** in the endoscopy area until you are discharged. You are not allowed to drive, take a taxi or bus, or leave the Endoscopy Center alone. **If you do not have a responsible driver (family member or friend) with you to take you home, your exam cannot be done with sedation and will be cancelled.** *Due to Covid your driver will not be allowed in the Endoscopy Center but should wait nearby to receive a phone call from the staff when patient is ready for pick-up.*

7 Days Prior To Procedure

1. Stop aspirin, aspirin containing products, Plavix, Aggrenox, Alka-seltzer, iron supplements, vitamins.
supplements containing vitamin E & C, garlic, Ginseng, Ginkgo Biloba, Ginger, saw Palmetto, Pepto Bismol, multivitamins, fish oils, or any other herbal supplements.
2. Avoid popcorn, nuts, corn, beans & poorly digestible vegetables (corn, broccoli, etc).
3. Stop non-steroidal inflammatory medications (NSAIDS) such as Motrin, Advil, Aleve, etc. Tylenol is permitted.

3-5 Days Prior To Procedure

- Stop all anti-coagulant or anti-platelet medications. (**Coumadin/Warfarin, Xarelto, Pradaxa, Persantin or Lovenox, anti-platelet agents: Ticlid or Plavix.**)

****You must consult with your cardiologist or primary care physician regarding discontinuing these medications.** If you have been instructed to continue any of these medications, you must advise your gastroenterologist prior to the procedure so that he can discuss with your doctor.

One day before your colonoscopy

- **Only drink clear liquids the ENTIRE DAY before your colonoscopy. Do NOT eat any solid foods.** Drink at least **8 ounces** of clear liquids every hour after waking up. The chart shows what you can and cannot drink.



Water



Strained fruit juices (without pulp) including apple, orange, white grape, or white-cranberry



Limeade or lemonade



Coffee or tea. DO NOT use any dairy or non-dairy creamer



Chicken broth



Gelatin desserts without added fruit or toppings (NO RED OR PURPLE)

The bowel preparation solution will be consumed in two parts.

Mix 1/2 of MiraLAX bottle (119 grams) in each 32-ounce Gatorade bottle until dissolved. Keep cool in the refrigerator. DO NOT ADD ICE.

Part 1

At 5:00 PM on the evening before your colonoscopy, take four Dulcolax tablets. At 6:00 PM on the evening before your colonoscopy:

- Drink 32 ounces of the mixed solution by drinking an 8-ounce glass of bowel preparation every 15 minutes for a total of four glasses.
- Fifteen minutes later, drink an 8-ounce glass of clear liquid every 15 minutes for a total of two glasses.
- You may continue to drink clear liquids.

Part 2

Five hours before your colonoscopy:

- Take the other 32-ounce bottle of mixed solution and drink an 8-ounce glass of bowel prep every 15 minutes for a total of four glasses.
- Fifteen minutes later, drink an 8-ounce glass of clear liquids every 15 minutes for a total of two glasses.
- **Do NOT drink any fluids three hours before your exam.**