

Miralax-Gatorade Bowel Preparation

Instructions

Bowel preparation before a colonoscopy actually starts 7 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 over the counter at least five days before your colonoscopy.

Purchase:

- Four Dulcolax® laxative tablets containing 5mg of bisacodyl each (NOT Dulcolax stool softener).
- One 10-ounce bottle of Magnesium Citrate.
- One 8.3-ounce bottle of MiraLAX® (238 grams) or generic equivalent.
- Two 28-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 PICK YOU UP from the Endoscopy Center on discharge (not required to be present at check in, or wait, but allowed to do so). 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) to take you home, your exam will be cancelled.

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.
4. **IF YOU TAKE DIABETIC/WEIGHT LOSS MEDICATION LIKE WEGOVY, OZEMPIC, SEMAGLUTIDE, MOUNJARO, TIRZEPATIDE PLEASE LET THE SCHEDULER/PROVIDER KNOW AT LEAST 7 DAYS BEFORE YOUR PROCEDURE. FAILURE TO INFORM THE ENDOSCOPY CENTER WILL RESULT IN THE CANCELLATION OF YOUR PROCEDURE AND A CANCELLATION FEE WILL BE CHARGED.**

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. Below are examples of what you can 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 28-ounce Gatorade bottle until dissolved. Keep cool in the refrigerator. DO NOT ADD ICE.

Part 1

At 2:00 PM on the evening before your colonoscopy, take four Dulcolax tablets.

At 5:00 PM on the evening before your colonoscopy, drink one 10-oz bottle of magnesium citrate.

At 6:00 PM on the evening before your colonoscopy:

- Drink 28 ounces of the mixed solution by drinking an 7-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 28-ounce bottle of mixed solution and drink an 7-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.**