

# MIRALAX-GATORADE PREPARATION INSTRUCTIONS FOR COLONOSCOPY

For questions or procedure cancellations/rescheduling, please contact our office at (806) 761-0747

**NOTHING TO EAT OR DRINK AFTER MIDNIGHT!**

**PLEASE MAKE SURE YOU HAVE SOMEONE TO DRIVE YOU HOME AFTER YOUR PROCEDURE.**

## TRANSPORTATION TO-AND-FROM PROCEDURE:

- You **MUST** arrange a ride for the day of your procedure.
- If you fail to arrange acceptable transportation, your procedure will need to be rescheduled.

## IF YOU HAVE DIABETES:

- Ask your physician for diet and medication instructions.

## YOU WILL NEED TO PURCHASE THE FOLLOWING PREP SUPPLIES FROM YOUR LOCAL PHARMACY:

- 4 Dulcolax laxative tablets containing 5 mg of bisacodyl each (**NOT Dulcolax stool softener**)
- 1 - 8.3 oz. bottle Miralax (238 grams)
- 64 oz. clear liquid (**DO NOT drink RED Gatorade/liquid**)
  - Gatorade, G2, Gatorade Ice, Powerade or Powerade Zero **are acceptable.**
- 1 - 10 oz. bottle of Magnesium Citrate

## 3 DAYS BEFORE YOUR COLONOSCOPY, FOLLOW THE INSTRUCTIONS BELOW:

- Begin a Low Fiber Diet
  - **STOP EATING:** ALL nuts, seeds, and popcorn

## 1 DAY BEFORE YOUR COLONOSCOPY, FOLLOW THE INSTRUCTIONS BELOW:

- Begin a clear liquid diet (see diet **below**)
  - Drink at least 8 glasses of water during the day to avoid dehydration.
- **At 12:00pm (noon):**
  - Take 4 Dulcolax tablets
  - **Step 1)** Mix 64 oz. liquid with 8.3 oz. Miralax **Step 2)** place in the refrigerator (**DO NOT ADD ICE**)
- **At 6:00pm:**
  - Drink one 8 oz. glass of the Miralax/Gatorade solution. Continue drinking one, 8 oz. glass every 15 minutes thereafter until the mixture is gone. (Set a timer for every 15 minutes to keep pace)

## THE DAY OF YOUR COLONOSCOPY, FOLLOW THE INSTRUCTIONS BELOW:

- You may have a small sip of water with your allowed medications
  - **4 hours** before your procedure, drink 10 oz. of Magnesium Citrate
- \*\*After completing your prep, your stool should be a clear or yellow liquid and no longer formed.  
This means you are now ready for your procedure\*\***

## Clear Liquid Diet - **\*\*Start 1 day before your colonoscopy\*\***

- Gatorade, Pedialyte or Powerade
- Clear broth or bouillon
- Carbonated and non-carbonated soft drinks (**No dark, carbonated beverages**)
- Kool-Aid or other fruit-flavored drinks
- Strained fruit juices (**no pulp**)
- Jell-O, popsicles (green or yellow only)

## NOT Clear Liquid Diet - **\*\*1 day before your colonoscopy, you CANNOT eat/drink any of the items below\*\***

- No red or purple items of any kind
- No alcohol
- No milk or non-dairy creamers
- No noodles or vegetables in soup
- No juice with pulp
- No liquid you cannot see through

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