

COLONOSCOPY MIRALAX/GATORADE PREP

FIVE DAYS PRIOR TO THE PROCEDURE:

STOP taking only the following medications 5 days prior, if agreed by your primary care physician, cardiologist or neurologist:

- All nonsteroidal and anti-inflammatory products (Advil, Aleve, ibuprofen, etc.)
- All aspirin and aspirin-containing products, unless a cardiac stent is present.
- Blood-thinning medications (i.e. Aggrenox, Coumadin, Persantine, Plavix, Ginkoba, Xarelto, Eliquis, fish oil) if acceptable with the prescribing physician.
- **TYLENOL IS ACCEPTABLE.**
- Vitamins C, E & multivitamins.
- If you use insulin, contact your Endocrinologist for coverage instructions.

TWO DAYS PRIOR TO THE PROCEDURE:

- Purchase 10 ounces **Citrate of Magnesia**, (1) 238 gram bottle of **MiraLax** (you may find this over-the-counter as a “14-day” bottle), (2) **Dulcolax tablets**, and (1) 64-oz (2 quart) bottle of **Gatorade** (Not red or purple) or other electrolyte-containing solution (G-2, propel, etc.)

ONE DAY BEFORE THE PROCEDURE:

- Refrigerate the Gatorade or electrolyte solution of your choice.
- Do not eat any solid food. Drink only clear liquids from the list provided (see back). Try to drink at least 8-10 glasses of this fluid throughout the day.
- At 3PM take the (2) **Dulcolax** (Bisacodyl) tablets with 8 oz. of clear liquid. Timing of laxative results is not always predictable; however, in general efforts should be made to have access to a bathroom within one hour.
- At 6PM mix the entire bottle of **MiraLax** in the 64-oz bottle of **Gatorade** or other solution. Make sure the powder is well dissolved.
- Drink one 8 oz. glass of the **MiraLax** solution every 10-15 minutes until it is finished.
- Continue to drink as much clear liquid as possible until bedtime.

THE MORNING OF THE PROCEDURE:

- Take 10 ounces **Citrate of Magnesia** 4-6 hours prior to the exam or an additional 32 ounces of **Miralax/Gatorade** mixture.

- You may have clear liquids the day of the exam provided that you finish all liquids, including water, **four hours prior to your scheduled procedure time**, IF NOT, YOUR PROCEDURE MAY BE CANCELLED!
- Arrive with your escort, 15 minutes before procedure if scheduled at the office and 45 minutes before procedure for the hospital. Please make arrangements for transportation home from the procedure. You cannot drive yourself home or take a taxi.
- Take usual medications the morning of the procedure, unless otherwise indicated by your physician (i.e. heart or blood pressure medication, with a sip of water).
- If you use inhalers, please take them with you to the procedure.

PLEASE DO NOT SMOKE AT ALL ON THE DAY OF YOUR PROCEDURE!