

## MIRALAX-GATORADE COLONOSCOPY PREP

In order for the doctor to perform a colonoscopy, a bowel “cleanout” must be completed at home prior to the procedure. A bowel cleanout is a combination of a clear liquid diet and oral laxatives. All of the items can be obtained at your local pharmacy without a prescription. You will need to purchase:

- One 238-gram bottle of MiraLAX laxative.
- A small box of Dulcolax tablets. NOT suppositories. You will use four.
- 1 quart or 32-oz. of Gatorade (any color except red)  
(Diabetics may use Powerade Zero or any diet soda.)

### 3 DAYS BEFORE YOUR COLONOSCOPY

Discontinue any fiber supplements (Metamucil, Citrucel, Fibercon, etc). Do not take any iron pills or vitamins containing more than 15 mg of iron. It is best to eat lightly for a few days before your exam. It makes the cleanout easier and more effective. Try to avoid overeating. Avoid whole wheat products and fibrous foods with skins, seeds, etc.

### DAY BEFORE YOUR COLONOSCOPY

Follow the instructions below the day prior to your procedure:

1. After a light breakfast such as one egg and one piece of white toast, a clear liquid diet should be started. (see below)
2. Take 2 Dulcolax tablets mid-morning
3. Have a clear liquid lunch.
4. At 2:00 PM mix the entire 238-gram bottle of MiraLAX with one quart of Gatorade in a large pitcher. Stir well, and add ice. *Be sure to stir the solution until the MiraLAX is completely dissolved.* Drink an 8-oz. glass every 10 - 15 minutes until the solution is entirely gone. Remain near bathroom facilities for the remainder of the evening. (If you feel nauseated, stop for one hour - but you need to drink all of the Gatorade-MiraLAX mixture).
5. At 6:00 PM, take the last 2 Dulcolax tablets.
6. Continue drinking clear liquids until bedtime.
7. Diabetics will need an adjustment of their medications this day. Ask your doctor.

### DAY OF COLONOSCOPY

No breakfast. You must remain fasting for 6 hours before your exam. No food, drink, candy, gum, etc. You may take any important prescription medications with a small sip of water. (Diabetic medications and blood thinners such as Coumadin require special instructions. Ask your doctor.)

Plan to arrive at your scheduled arrival time. Bring a driver who can remain in the building the entire time you are here. Arriving late or without a driver may require cancelling and rescheduling your procedure. Wear comfortable clothing and shoes that are easily removed. Leave jewelry and other valuables at home.

**Note:** CLEAR LIQUIDS are anything you can see through. This includes clear fat-free broths, bouillon, tea, coffee, Kool-Aid, Crystal Light, carbonated beverages, sodas, juices without pulp, popsicles without pulp, Jell-O and hard candies, popsicles, Italian ices. Avoid red, blue, or purple.  
**Not allowed:** Orange juice, fruit nectars, liquids you cannot see through, milk, cream.