

# Miralax & Gatorade 7 Day Preparation Instructions

## 7 DAYS BEFORE YOUR COLONOSCOPY:

- Discontinue use of the following: Aspirin, Advil, Aleve, Motrin, Ibuprofen, Ecotrin, Nuprin, Indocin, Celebrex, Vitamin E, Multivitamin, fish oil (just pill, you can eat fish), nuts and seeds.
- If you are taking blood thinners (Plavix or Coumadin) or diabetes medications, follow the doctor's specific instructions.
- Continue taking your blood pressure medication
- Only Tylenol products are allowed
- Take **1 capful of Miralax** in an **8 oz. glass of water** once a day until **2 days** before your procedure.

## 2 DAYS BEFORE YOUR COLONOSCOPY:

- Now you must have and **only liquid diet**. There are no restrictions on the type of fluid you can consume. Drink at least 8 glasses of water during the day to avoid dehydration.

## 1 DAY BEFORE YOUR COLONOSCOPY:

- You may not have any solid food from the time you wake up until the time you go to bed.
- Begin a clear liquid diet. (A clear liquid is only liquid that you can see through). The more liquids you consume the better the cleansing. Drink at least 8 glasses of water during the day to avoid dehydration.

Clear Liquid:	Not Clear Liquid:
<ul style="list-style-type: none"><li>• Gatorade, Pedialyte or Powerade, clear broth or bouillon</li><li>• Coffee or tea (no milk or non-dairy creamer)</li><li>• Carbonated and non-carbonated soft drinks</li><li>• Kool-Aid or other fruit-flavored drinks strained fruit juices (no pulp)</li><li>• Jell-O, popsicles, hard candy</li></ul>	<ul style="list-style-type: none"><li>• No red or purple items of any kind no alcohol</li><li>• No milk or non-dairy creamers no noodles or vegetables in soup no juice with pulp</li><li>• No liquid you cannot see through</li></ul>

- At **3pm**, take 4 Dulcolax laxative tablets. (Green box that says "Gentle, Predictable Overnight Relief")
- At **4pm**, mix 64 oz. liquid (Gatorade, Powerade, Vitamin Water) with 8.3 Oz. (238 grams) of Miralax and place in the refrigerator (DO NOT ADD ICE)
- **4-6pm**, drink one 8 oz. glass of the Miralax/Gatorade solution and continue drinking one 8 oz. glass every 20-30 minutes thereafter until halfway done. Set a timer to keep pace
- **6-7pm**, break. You should be approximately halfway done
- **7-9pm** drink one 8 Oz. glass of the Miralax/Gatorade solution and continue drinking one 8 oz. glass every 20-30 minutes thereafter until the mixture is gone.

## DAY OF YOUR COLONOSCOPY (cont):

- **Nothing to drink after midnight** (this includes water)! You may take your morning blood pressure medication as usual with a slight sip of water. Blood thinners and diabetes medications: follow doctor's specific instructions for the day before and morning of your procedure. You are ready for the exam if you followed all instructions and your stool is no longer formed, but clear or yellow liquid.
- Bring your medication reconciliation sheet with you. If one was not provided, bring a list of medications you currently take, including the dosage of these drugs, and the last time you took them.
- Bring your insurance card, license and co-pay.
- All females under the age of 50 will be asked to provide a urine sample prior to the procedure.
- An adult person must drive you home from your procedure. You will be given medications to sedate you during the procedure and you will be unable to drive home, and for the remainder of the day. Your ride should be in the office to pick you up 1 hour after your scheduled procedure. Even though you may not feel tired, your judgment and reflexes will be impaired.

### COLON CLEANSING TIPS

- Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal.
- Rarely, people may experience nausea or vomiting with the prep. If this occurs, give yourself a 30-90 minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
- If gas or bloating occurs, you may take one Phazyme tablet after each two glassfuls by mouth for a maximum of 4 tablets.
- It is common to experience abdominal discomfort until the stool has flushed from your colon (this may take 2 to 4 hours, and occasionally significantly longer).
- Anal skin irritation or a flare of hemorrhoidal inflammation may occur and can be treated with a variety of over the counter remedies including hydrocortisone creams, baby wipes or Tucks pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories