

COLONOSCOPY PREPARATION INSTRUCTIONS
MIRALAX® / GATORADE® PREPARATION ---Split Prep Revised 03.01.12

If you take a medication to thin your blood and have not already discussed this with our office, please call us at (336) 768-6211. If you take aspirin, you may continue to do so. If you are or may be pregnant, please discuss the risks and benefits of this procedure with your doctor. You must arrange for a ride (no taxi or buses) for the day of your exam. If you fail to arrange transportation with a responsible adult, your procedure will need to be cancelled and rescheduled. If you must cancel or reschedule your appointment, please call (336) 768-6211 as soon as possible.

To ensure a successful exam, please follow all of these instructions carefully.

ITEMS NEEDED:

Two Dulcolax® tablets (Attached in envelope)
Purchase from pharmacy one **255 gram** bottle of Miralax® or generic equivalent (prescription attached)
Purchase one **64 oz.** bottle of Gatorade® (**NO RED FLAVORS**)
Purchase one **10 oz.** bottle of Magnesium Citrate (**NO RED FLAVORS**)

FOUR DAYS PRIOR TO PROCEDURE:

- Stop taking iron supplements and any vitamins containing iron.
- Discontinue fiber supplements, such as Metamucil, Citrucel, or similar. **Limit the intake of high-fiber foods, such as raw fruits, vegetables, whole wheat, multigrain foods, nuts, popcorn, bran or bulking agents.**

TWO DAYS PRIOR TO PROCEDURE:

- Drink at least 8 glasses of water/clear liquids during the day. Stop eating solid foods at midnight.

ONE DAY BEFORE PROCEDURE:

- Maintain a clear liquid diet all day!!! Do not eat solid foods or dairy products of any kind!!!
- **It is very important to drink fluids both before and after your prep to prevent dehydration. Please be sure to consume at least eight, 8oz. servings (64 oz.) or more of clear liquids on the day before your procedure.**

A CLEAR LIQUID DIET CONSISTS OF:

Soups: Clear bouillon, Chicken broth, vegetable broth, beef broth, or consommé

Beverages: Tea, Black Coffee. You may add sugar or sweeteners to coffee or tea.

Kool-Aid, Gatorade® and other similar carbonated or non-carbonated beverages are acceptable.

Juices: Apple, white grape, strained lemonade, limeade and orange drink or any juice that you can see through and has no pulp is acceptable.

Dessert: Italian ices, Popsicles, Jello, and hard candy.

Do not drink any **RED** colored beverages or eat **RED** Jello or popsicles. NO Alcohol.

****Please keep in mind that the cleansing process will take 4 to 8 hours or longer so plan your schedule accordingly.**

- **Between Noon and 4pm** take the 2 Dulcolax® tablets provided in the envelope.
- **Two hours after taking the Dulcolax tablets** mix the 255-gram bottle of Miralax® and 64 oz. of Gatorade® in an empty pitcher and stir until dissolved. Drink 8 oz. every 20 minutes until the entire solution is gone.
- **If you become nauseated during the ingestion of the Miralax® prep, stop the prep for 45 – 60 minutes, then resume with smaller and less frequent amounts.**
- **Continue to drink clear liquids after the prep is completed. The more you drink, the better the prep.**
- **Take your usual prescription medications (except iron).**
 - If you have **Diabetes:** You should take your oral diabetic medications at one half the usual dose. Monitor your blood sugar at your usual times. *Consult your endocrinologist or Primary Care Physician for specific instructions on insulin dosing for prep day and day of procedure.

4 HOURS BEFORE THE PROCEDURE

- Drink 10 oz. of Magnesium Citrate. (Set an alarm clock as a reminder if this will be in the early morning.)
- You may take all of your regular morning medications with a sip of water anytime up to 2 hours prior to your procedure. If you are **diabetic**, please **DO NOT** take any oral diabetic medication on the morning of your procedure unless otherwise instructed

2 HOURS BEFORE THE PROCEDURE

- Stop drinking **all** liquids.

ARRIVAL TIME: _____ **PROCEDURE TIME:** _____