



Gatorade MiraLAX Colon Prep Instructions

The purpose of this prep is to clean your colon. The cleaner your colon is prior to your exam, the more likely we are to locate any abnormalities.

Ensure a safe and effective colon prep by following these instructions exactly as directed below.

- At first appointment tell your doctor if you are taking any blood thinner/coagulant medications other than aspirin.

Several days before procedure:

- It is very important that you remain well hydrated for a number of days prior to and after the procedure. Gatorade® or sports drinks will result in better hydration than drinking just water alone.
- Purchase a bottle of MiraLAX (238gm) at any pharmacy. No prescription needed.
- Purchase 4 Dulcolax (Bisacodyl) 5 mg laxative tablets. No prescription needed.
- Purchase 125mg of Simethicone (Gas X). No prescription needed.

Three days before procedure:

- Avoid corn, popcorn, and foods with seeds, nuts, raw fruits, and raw vegetables.

Day before / 24 hours before procedure:

- After waking in the morning, start a clear liquid diet, drinking at least 1 large glass (8 oz.) of clear liquids every hour until you go to bed. You may not have any solid foods until after your colonoscopy. No liquids with red, blue, purple, or orange coloring. No alcohol. Consume only:
 - Apple Juice
 - Black Tea/Coffee (No Milk or Cream)
 - Broth
 - Crystal Light
 - Fruit Juice *without* Pulp
 - Italian Ice (no fruit pieces) / Popsicles
 - Gatorade / Sport Drinks
 - Hard Candy
 - Jell-O
 - Soda
 - Water
 - White Grape Juice

1:00 pm day before procedure:

- Take 2 Dulcolax (Bisacodyl) laxative tablets

5:00 pm day before procedure:

- Mix MiraLAX 238gm bottle with 64oz of Gatorade (clear, yellow or green only). Divide solution, placing half in refrigerator. With the other half, drink an 8oz glass every 10-20 minutes until gone.

9:00 pm day before procedure:

- Take 2 Dulcolax (Bisacodyl) laxative tablets

Five hours before procedure (you may need to wake during night):

- Drink remainder of solution; continue your clear liquid diet until 3 hours before procedure. The timing of this dose is important and should not be altered.
- After consuming the remainder of prep, take 125 mg Simethicone (Gas X).

Three hours before procedure:

- Nothing further by mouth, except for any medications. Medications may be taken with small sips of water.

Day of procedure:

- You will need a ride home from the hospital.
- Hospital policy requires a responsible person over the age 18 to provide transportation after your procedure. No taxis or public transportation acceptable. Failure to comply may result in cancellation of procedure.
- Drink at least 6 more 8 oz. glasses of clear liquid prior to bedtime.

Day following procedure:

- May begin driving or operating machinery.