



Colonoscopy Preparation with Miralax/Gatorade

ONE WEEK BEFORE PROCEDURE

OBTAIN AT PHARMACY

(No prescription necessary)

1. Miralax Bowel Prep, 238 grams
2. Two (2) Dulcolax laxative tablets (over the counter)
3. 64oz. Gatorade (no red or purple)

BLOOD THINNERS

You will likely need to stop the following blood thinners/anticoagulants prior to your procedure. Contact your physician for approval before stopping any of these medications.

- 7 days — Plavix, Effient
- 5 days — Aspirin, Coumadin (Warfarin), Aggrenox
- 3 days — Pradaxa, Xarelto

IRON-CONTAINING MEDICATIONS

Discontinue all iron -containing medications.

NOTIFY OUR OFFICE IF

- You have kidney disease.
- You are on diabetes medication.
- You have an internal defibrillator.

ONE (1) DAY BEFORE PROCEDURE

(Continued)

2:00 pm (or earlier if you are able)

Take 2 Dulcolax laxative tablets with 8oz. of water. Do not chew or crush tablets. Do not take within one (1) hour of taking an antacid.

4:00 pm

1. Mix all 238 grams of Miralax in 64oz. of Gatorade or other clear liquid.
2. Shake until dissolved.
3. Drink 8 oz. every 15 min. until the solution is gone. For best results, the prep should be completed within two (2) hours.

Continue drinking clear liquids, as hydration is essential for the safety and efficacy of your prep.

Do not eat or drink anything after midnight.

NOTE

Please remain within easy reach of toilet facilities. Your bowels should begin to move within 30 minutes to a few hours after beginning the prep. You may experience some nausea and abdominal discomfort. This should become more comfortable as you continue to have bowel movements.

If you get nauseated, stop for 30 -45 minutes, drink Ginger Ale or something to settle the nausea, then resume the prep.

If symptoms should become severe, stop the prep and notify our office immediately or go to the nearest emergency room.

ONE (1) DAY BEFORE PROCEDURE

Clear liquid diet only (ALL DAY).

- NO solid or soft food.
- NO milk or other dairy products.
- NO alcohol.
- Clear liquids are those you can “see through”:
water, fruit juice/no pulp, apple or white grape juice, tea/coffee without milk or creamer, clear broth, carbonated soft drinks, lemonade, Kool -Aid, plain Jello, popsicles, hard candy
- Please AVOID red and purple liquids.

DAY OF PROCEDURE

DO NOT EAT OR DRINK

Take ONLY your morning blood pressure and heart medications with a small amount of water.

Postpone insulin injections until after procedure.

Bring a list of all of your medications with you.

Leave all valuables at home.

Please have someone present during your procedure AND available to drive you home after your procedure. You will be sedated and will not be able to drive.