

Phelps Medical Associates – Gastroenterology
Miralax/Gatorade Prep

COLONOSCOPY PREPARATION

PURCHASE (1) 225 gram bottle of Miralax (no prescription required), (4) Dulcolax tablets (no prescription required) and 64 oz of Gatorade* (or two 32oz) from your pharmacy or grocery store.

*Your Doctor might substitute another liquid for Gatorade if you have kidney disorder or diabetes

ONE WEEK BEFORE COLONOSCOPY: NO ASPIRIN, ADVIL, MOTRIN, IBUPROFEN, ALEVE, IRON, FISH OIL, VIOXX, CELEBREX OR ASPIRIN PRODUCTS. PLEASE INFORM US IF YOU ARE USING COUMADIN, WARFARIN, PLAVIX, OR ANY OTHER BLOOD THINNERS PRIOR TO STOPPING ANY MEDICATIONS.

YOU MAY USE TYLENOL, REGULAR OR EXTRA STRENGTH.

ONE DAY before the procedure: You may have a light breakfast. Clear liquids starting with lunch. Clear liquids include: white cranberry and apple juice, 7 up, ginger-ale, tea, coffee, Italian ices, clear chicken broth without noodles and plain jello (**NO RED or PURPLE LIQUIDS ; NO MILK or DAIRY PRODUCTS**)

- At 12 p.m. the day prior to procedure take (4) Dulcolax Tablets with 8oz. of water. Swallow tablets whole with a full glass of water.
- At 3 p.m. the day prior to procedure mix the 225 gram bottle of Miralax in 64 oz. of Gatorade (or two 32oz. bottles) (**NOT RED OR PURPLE**) and shake the solution until the Miralax is dissolved.
- Drink one 8oz. glass every 10-15 minutes until the solution is completely gone. This step may take 2-4 hours. If you develop nausea or fullness, you may slow down or stop drinking the solution for 30-60 minutes, then resume.

NO SOLIDS AFTER TIMES INDICATED ABOVE. YOU MAY DRINK CLEAR LIQUIDS UP UNTIL 5 HOURS BEFORE PROCEDURE.

***If you are **DIABETIC** your doctor will give you specific instructions as to when and how to take your diabetic medications.

YOU MAY NOT DRIVE YOURSELF HOME FROM THE PROCEDURE. You will need another person to come up to the facility to sign you out and drive you home.

ARRIVE FOR YOUR PROCEDURE ON _____ AT _____.