



Miralax- Gatorade Prep

Important

- Pick up your over the counter (not prescription) bowel prep supplies from the store.
- No nuts, seeds, popcorn, foods with small seeds, tomatoes, and fibrous foods like lettuce and celery for 7 days prior to procedure. If you forget, please drink plenty of fluids in the meantime to flush your bowels.
- Arrange for a driver who can wait in the waiting room during your procedure to bring you home afterward. Due to the sedating medications, you are given, you cannot work or drive the remainder of the day.

Special Instructions

- Take your regular prescribed medication(s) unless otherwise advised.
- **If taking a prescription blood thinner, STOP _____ days prior to the exam. If no specific instructions were given, please contact our office for further instructions.**
- Please STOP taking any iron supplements and fish oil supplements 7 days prior.

Other Helpful Tips

- To make the bowel prep solution easier to tolerate: Try drinking it with a straw, Try adding Crystal Light or Kool-Aid powder, or drinking it chilled. Try ginger-ale or sucking on a lemon slice or hard candy after each glass.
- If you experience nausea or vomiting with the prep, take a 30-minute break, rinse your mouth or brush your teeth, then continue drinking prep solution.
- Once you have started drinking your bowl prep, stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal. You may have bowl cramps until the stool has flushed from your colon. This may take 2-4 hours and sometimes much longer.
- Anal skin irritation or hemorrhoid inflammation may occur. If this happens, use over the counter remedies, such as hydrocortisone cream, baby wipes, Vaseline, or TUCKS pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories.
- Please leave your valuables at home, but bring your photo ID and insurance card(s).

Miralax- Gatorade Prep

This prep does not require a prescription; it uses over the counter supplies

Items needed prior to colonoscopy

Purchase the following over the counter supplies from your local drug store:

- Miralax: 238g
- Dulcolax laxative tablets (not the stool softener) – may need up to 4 tablets
- 64oz of Gatorade (or any other clear noncarbonated liquid) – not red or purple.

1 day before your colonoscopy

- Endoscopy staff will call you to confirm your appointment and answer any questions
- **You must have CLEAR LIQUIDS ONLY today**
- Drink at least 8 glasses of clear liquids throughout the day to avoid dehydration. Your first choice should be liquids containing electrolytes. **NO RED OR PURPLE LIQUIDS AND NO ALCOHOL.**
- All clear fruit juices without pulp (apple, white grape, or white cranberry juice)
- Crystal Light, Italian Ice, Propel, PowerAde, Gatorade
- Lemonade or limeade without pulp
- Water- plain, mineral, coconut, or smart water
- Clear, fat free broth (bouillon or consommé)
- Clear sodas, clear energy drinks
- Smooth Jell-O (no fruit bits, not red or purple)
- Tea or Coffee without milk or cream (you may use: sugar or artificial sweetener)
- Popsicle (no bits of fruit or pulp, not red or purple)

At 4:00pm

- Take 2 Dulcolax laxative tablets (or 4 if chronically constipated)

At 6:00pm

- Mix the entire bottle of Miralax (238g) into 64oz of Gatorade. This will form a light slurry. Shake well. * If you prefer your drink cold, you may mix it at 4pm and refrigerate
- Drink 32 oz (about half). Refrigerate the remainder.
- Drink at least 16oz of additional clear liquids of your choice (from the approved list above) to ensure adequate hydration and an effective prep.

Morning of your colonoscopy

- Take your regularly prescribed morning medications (unless otherwise instructed) either 1 hour before starting your prep or 1 hour after completing your prep

- At _____ begin second dose of bowl prep by drinking the remaining half of the Gatorade mixture.
- ** Start time for morning prep will be approximately 5 hours before your arrival time**
- At _____ STOP DRINKING LIQUIDS (2 hours before your arrival time)

Important! If you followed all of the instructions, your stool should be a clear or yellow liquid, indicating you are ready for your colonoscopy. **If your stool is formed or your preparation is not going as expected, call 406-862-2515.**