Colonoscopy Bowel Prep Instructions
Miralax®/Gatorade™

Planning for the Procedure

- **You must have a driver** who is 18 years or older present at check in and discharge. If you do not have a driver with your at check in, we will need to reschedule your appointment. This person must remain in the unit during your entire visit so that they are available as soon as you are ready to be discharged. You will not be discharged unless this person is in the unit. Because your judgment may be impaired after this procedure, you will not be released to take public transportation, a taxicab, or even walk home without another responsible adult present to accompany you.

- The entire procedure appointment may take at least 3 to 4 hours to complete. Please advise your driver that they must remain in the unit during your entire visit.

- If you have not received a bowel prep, call the Endoscopy Call Center at 734-936-9250 option #1 or 888-229-7408.

- If you have diabetes, ask your health care provider for diet and medicine instructions.

- If you must cancel or reschedule your appointment, please call the Endoscopy Call Center as soon as possible at 734-936-9250 or 888-229-7408.

**What supplies do I need to prepare in advance?**

Obtain the following supplies at your local pharmacy:

- Two (2) Dulcolax laxative tablets – each table contains 5 mg of bisacodyl (do not get Dulcolax stool softener).
• One (1) 8.3 oz. bottle Miralax (238 grams).
• 64 oz. clear liquid (not red): Gatorade, G2, Gatorade Ice, Powerade, or Powerade Zero.

Following are your instructions for taking medicines and preparing your colon.

**Follow the instructions carefully** to ensure a successful procedure.

**7 days before your colonoscopy:**

- If you take aspirin or NSAIDs, such as Advil®, Motrin®, Celebrex®, or ibuprofen, you may continue to take them as usual.
- If you take a blood thinner, such as Plavix®, Pradaxa®, Clopidogrel®, Coumadin®, warfarin, Effient®, Prasugrel®, or Lovenox®, ask your health care provider for specific instructions.
- Stop taking iron supplements: ferrous sulfate or polysaccharide iron complex.

**3 days before your colonoscopy:**
Stop eating popcorn, corn, beans, nuts, fruits with small seeds, tomatoes, and celery.

**1 day before your colonoscopy:**
Begin a clear liquid diet. Drink at least 8 glasses of water during the day to avoid dehydration. (Refer to the table below to check which liquids and drinks are allowed on a clear liquid diet).

At **12 noon**, take 2 Dulcolax tablets. Mix 64 oz. liquid with 8.3 oz. Miralax and place in the refrigerator (**do not add ice**).

Between **5 and 6 pm**, drink one 8 oz. glass of the Miralax/Gatorade solution and continue drinking one 8 oz. glass every 15 minutes thereafter until half the mixture (32 oz.) is gone. Set a timer for every 15 minutes to keep pace.
### Allowed clear liquids:
- Gatorade, Pedialyte, or Powerade
- Coffee or tea (No milk or non-dairy creamer)
- Carbonated and non-carbonated soft drinks
- Kool-Aid or other fruit-flavored drinks
- Apple juice, white cranberry juice, or white grape juice
- Jell-O, popsicles, hard candy

### Non-clear liquids – Not allowed
- Chicken, beef, or vegetable broth
- Red or purple items of any kind
- Alcohol
- Milk or non-dairy creamers
- Juice with pulp
- Any liquid you cannot see through

### Day of your colonoscopy:
- Drink the final liter (32 oz.) of prep solution 5 hours before you need to leave for your procedure.
- You may take all of your morning medicines as usual with 4 oz. of water up to 4 hours before your procedure.
- If you take oral diabetes medicines (pills): **do not** take the medicine the morning of your procedure.
- If you take injectable insulin: bring insulin with you and follow the instructions from your health care provider.

### 2 hours before your procedure:
- Stop chewing gum.
- Stop drinking all clear liquids.

Bring a list of all of your current medicines with you, including over-the-counter medicines.
You are ready for the procedure if you followed all instructions and your stool is no longer formed, but clear or yellow liquid.

**Colon cleansing tips:**

1. Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal.

2. Continue to drink the prep solution every 15 minutes, as directed.

3. Rarely, people may have nausea or vomiting with the prep. If this occurs, give yourself a 30 to 90 minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.

4. It is common to experience abdominal discomfort until the stool has flushed from your colon (this may take 2 to 4 hours and sometimes much longer).

5. Anal skin irritation or a flare of hemorrhoid inflammation may occur. If this happens, treat it with 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.