

Miralax/Gatorade

*****DUE TO SEDATION, YOU ARE REQUIRED TO HAVE A FRIEND OR FAMILY MEMBER DRIVE YOU HOME. WE WILL HAVE TO CANCEL YOUR PROCEDURE WITHOUT THE APPROPRIATE TRANSPORTATION. UBER/LYFT IS ONLY ACCEPTABLE IF A FRIEND OR FAMILY MEMBER IS WITH YOU. YOUR RIDE MUST BE AVAILABLE FOR THE DURATION OF YOUR PROCEDURE. THE FACILITY CLOSSES AT 3:00. YOUR RIDE MUST BE AVAILABLE*****

What you will need

- Miralax 238 grams (8.3 ounces) powder or generic polyethylene glycol 3350 which is found in the laxative section of the pharmacy or supermarket without a prescription
- Dulcolax (bisacodyl) laxative tablets 5 mg, four (4) tablets are needed
- 64 ounces of sports drink with electrolytes like Gatorade or Powerade (can also use 64 ounces of water)

Three Days before your colonoscopy: Follow the low residue diet. (See provided list)

The day before your colonoscopy: **Begin a clear liquid diet the entire day.** No food allowed. Clear liquids include apple juice, white grape juice, water, Jello (no red or purple), broth, black tea or black coffee. Coffee or tea should not include milk, milk products, cream, sugar or artificial sweetener No gum or hard candies. Stay hydrated by drinking a lot of liquids throughout the day. No gum or hard candies.

- **4PM:** Take two (2) Dulcolax (bisacodyl) tablets
- **5PM:** Take two (2) Dulcolax (bisacodyl) tablets
- **6PM:** Mix the 238 grams of Miralax in 64 oz of sports drink (no red) or water. Shake until the Miralax is completely dissolved. Drink half (32 oz) of the Miralax mixture over the next 2 hours.
- Continue to hydrate with clear liquids.

IMPORTANT: If you experience preparation symptoms (for example, nausea, bloating or cramping) pause or slow the rate of drinking the additional water until your symptoms diminish. Keep in mind all the water must be consumed.

The day of your colonoscopy:

- **3AM:** Drink the other half (32 oz) of the Miralax mixture over the next 2 hours.

Stool should be coming out clear to yellow liquid without any solid components. If you have any issues with drinking the bowel preparation or believe it is not working, please contact our office or covering physician to discuss further.

YOU SHOULD NOT HAVE ANYTHING BY MOUTH 2 HOURS PRIOR TO YOUR PROCEDURE.

Please review the medication list and all instructions thoroughly regarding your procedure