

MiraLax-Gatorade Split Dose Preparation

To ensure a successful exam, please follow all instructions carefully.

You **MUST** arrange a ride for the day of your exam. If you fail to arrange acceptable transportation, your procedure will need to be rescheduled. If you have diabetes, ask your physician for diet and medication instructions. If you are or may be pregnant, please discuss the risks and benefits of this procedure with your doctor. Please bring a list of all of your current medications, including any over-the-counter medications with you. **If you must cancel or reschedule your appointment, please call your doctor's office as soon as possible.**

PURCHASE THE FOLLOWING SUPPLIES AT YOUR LOCAL PHARMACY:

- 4 - Dulcolax laxative tablets containing 5 mg of bisacodyl each (NOT Dulcolax stool softener)
- 1 - 238 g. bottle of PEG 3350, aka MiraLax, ClearLax (Cheapest at Costco or Walmart)
- 64 oz. clear liquid, Gatorade, Crystal Light or Propel Water (**no red or purple**)
- Vaseline and alcohol free baby wipes

5 DAYS BEFORE YOUR COLONOSCOPY:

- Stop iron containing products and NSAIDs.
- If you are on blood thinning medications such as Coumadin, Warfarin, Plavix, Xarelto, or Eliquis, you should have received instructions about how to manage these medications. If not, please contact your physician's office immediately.
- Continue all other medications as usual.

4, 3, and 2 DAYS BEFORE YOUR COLONOSCOPY:

- DRINK at least 64 oz. of water or any sports drink.
- AVOID a high roughage diet - whole-grain bread and pasta, cereals, brown rice, dried fruits, raw fruits with skin & membranes (oranges & grapefruit), pears, raw vegetables, dried peas or beans, baked beans, seeds, nuts, popcorn, red meat, and fiber supplements (i.e. Metamucil, Benefiber, or Citrucel)
- EAT foods which make less stool - enriched white bread, white rice, plain pasta, most canned or cooked fruits without skins, seeds or membranes, fluid & vegetable juice with no pulp, tender meat, poultry, fish, eggs, milk, yogurt, cheese, cookies, ice cream, custard, pudding

1 DAY BEFORE YOUR COLONOSCOPY:

- In the morning mix 64 oz. of Gatorade with the 238 g. of MiraLax or polyethylene glycol & place in the refrigerator. Do not add ice.
- If you are accustomed to caffeine products, to avoid a caffeine withdrawal headache, you may drink coffee without milk or non-dairy creamer, or cola 1st thing in the morning, but must switch to Mountain Dew or tea for the remainder of the day.
- Begin a clear liquid diet (no solid food). **See the list below.**
- Drink at least 8 glasses of water or other clear liquids during the day to avoid dehydration (not including the prep)
- **At 3 PM**, take 4 tablets of Dulcolax with water
- **Between 6 & 8 PM**, drink a glass of MiraLax/Gatorade solution every 20-30 minutes until you have finished **half of the solution (32 oz.)**. Save the remaining half to drink next morning. If you start feeling nauseous, please take a break for about 30 mins. and then resume
- Apply Vaseline to your bottom before starting and use moist wipes to prevent irritation due to frequent wiping.
- Continue to drink at least 10 oz. of clear liquid per hour before going to bed.

Clear Liquid:

- Gatorade, Pedialyte or Powerade
- Clear broth or bouillon
- Coffee or tea (no milk or non-dairy creamer)
- Carbonated and non-carbonated soft drinks
- Kool-Aid or other fruit-flavored drinks
- Strained fruit juices (no pulp)
- Jell-O, popsicles, hard candy, gummy bears

Not Clear Liquid:

- *No red or purple items of any kind*
- *No alcohol*
- *No milk or non-dairy creamers*
- *No noodles or vegetables in soup*
- *No juice with pulp*
- *No liquid you cannot see through*

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DAY OF YOUR COLONOSCOPY:

- Take your regular oral medications in the morning with water.
- **6 hours** prior to your colonoscopy check-in time, drink a glass of MiraLax Gatorade solution every 15 minutes **until you finish the other half (32 oz).**
- Apply Vaseline to your bottom before starting. Also use moist wipes to prevent irritation due to frequent wiping.
- You should continue to drink clear liquids up to **3 hrs.** prior to your colonoscopy check-in time.
- **Absolutely no smoking, chewing tobacco, gum, hard candy, liquid syrup, cough syrup**

You are ready for the exam if you followed all instructions and you are passing stool which looks like clear urine or beer.

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. Occasionally, this may involve drinking the solution while sitting on the toilet.
3. Rarely, people may experience nausea or vomiting with the prep. If this occurs, give yourself a 30-90 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 occasionally significantly longer).
5. Anal skin irritation or a flare of hemorrhoidal inflammation may occur and can be treated with a variety of over the counter remedies including hydrocortisone creams, baby wipes or Tucks pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories.