

## Gatorade & Miralax Colonoscopy Prep – Split Dose

You will need to drink a laxative solution to clean your colon prior to your colonoscopy. **It is very important that you drink the entire prep mixture so that your doctor will have a clear view of your entire colon during your colonoscopy.** Please thoroughly read through these instructions one week before beginning your prep. For prep questions only, call 336-716-5637 and leave a message if no answer. If your concern is urgent, or if you have other procedure questions, call our triage nurse at 336-716-8204.

### Purchase from the Pharmacy 2 days prior to colonoscopy:

- Miralax **238** gram bottle (over the counter)
- 4 Dulcolax (bisacodyl) 5mg oral tablets (these are over the counter)
- Gatorade 64 oz. bottle (**NOT red or purple**)
- Plain or aloe baby wipes (optional)

### Two day before your colonoscopy :

- avoid raw fruits and vegetables, nuts, seeds and high fiber foods

### One day before your colonoscopy:

- For the *entire* day before your colonoscopy you should be on a clear liquid diet only (See list below).
- At **3 PM** take all **4 Dulcolax** tablets with a glass of water.
- Between **4 PM - 6 PM**, mix the entire bottle of Miralax with the **64 oz.** of Gatorade until dissolved.
- You should drink **8 oz.** of your prep every 30 minutes or so **until ½ of the solution is gone.** (You may chill the solution and drink it through a straw to help with tolerance. Take breaks if you become nauseated.)
- Refrigerate the remaining prep.
- **You may continue your clear liquid diet during the prep process.**

### Day of your colonoscopy:

- **6 hours before your arrival time**, start drinking the rest of the prep. (This means you are waking up at some point after midnight to finish the second half.)
- For example, if your appointment is at 6am, you will start drinking the rest of your prep at 12:00am. If your appointment time is at 10:00am, you will start drinking the rest of your prep at 4:00am, etc.
- **DRINK ALL OF THE PREP.** You may take up to 2 hours to do this. Take breaks if you become nauseated.
- **You may not drink anything else 4 hours before your appointment time.** This includes water. (A sip or two of water with medications is ok, however.) You risk being canceled if you ignore this guideline.
- You may brush your teeth.
- Please see previous sheet (“colonoscopy preparation instructions”) for important medication instructions.

### Your Clear Liquid Diet May Consist of:

#### **Beverages: DO NOT consume anything red or purple!**

- Clear soft drinks (ginger ale, Sprite, 7-Up, etc...)
- Sports drinks (Gatorade, Powerade, etc...)
- Clear fruit juices – apple, white grape, lemonade, white cranberry
- Water, tea, coffee (no milk or non-dairy creamer)

#### **Soups:**

- Chicken or beef bouillon/broth, **BUT ONLY PRIOR TO MIDNIGHT**

#### **Desserts: DO NOT consume anything red or purple!**

- Jell-O gelatin, clear popsicles (no sherbet)