

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 these instructions one week before beginning your prep. For prep questions, call 336-716-1212.

Purchase from the Pharmacy 2 days prior to colonoscopy:

- Miralax **238** gram bottle (over the counter)
- 4 Dulcolax (bisacodyl) 5mg oral tablets (over the counter)
- 64 oz. Gatorade or Low/ NO Sugar Sports Drink (example G2 or Powerade Zero)

Two day before your Colonoscopy:

- **AVOID** fruits, vegetables, nuts, seeds, beans, popcorn 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 **until ½ of the solution is gone** (approximately 4 cups).
- You may chill the solution and drink it through a straw to help with tolerance. Take breaks if you become nauseated.
- **You may continue your clear liquid diet during the prep process.**

Day of your colonoscopy:

- 6 hours before your arrival time,
- Drink 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 3 hours before your appointment time.** (A sip or two of water with medications is ok.)
- You may brush your teeth.
- **No hard candy, gum, chewing Tobacco, Smoking or Alcohol the day of procedure.**
- **No Street Drugs 48 hours before your procedure.**
- Please see previous sheet (“colonoscopy preparation instructions”) for important medication instructions.

Your Clear Liquid Diet May Consist of:

Beverages

- 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

- Jell-O gelatin, popsicles (no sherbet)