

COLONOSCOPY PREPARATION INSTRUCTIONS (MIRALAX / GATORADE PREP) 2 DAY PREP

If you take a medication to thin your blood and have not already discussed this with our office, please call us at (336) 768-6211. If you take aspirin, you may continue to do so. If you are or may be pregnant, please discuss the risks and benefits of this procedure with your doctor. You must arrange for a ride (no taxi or buses) for the day of your exam. If you fail to arrange transportation with a responsible adult, your procedure will need to be cancelled and rescheduled. If you must cancel or reschedule your appointment, please call (336) 768-6211 as soon as possible.

ITEMS NEEDED:

- Two Dulcolax tablets (Attached in envelope)
- Purchase from pharmacy One **255** gram bottle of Miralax (prescription attached) or one **238** gram bottle of generic equivalent.
- Purchase One **64 oz** bottle of Gatorade (**NO RED FLAVORS**)
- Purchase Two 10 oz bottles of Magnesium Citrate (any flavor)

FOUR DAYS PRIOR TO PROCEDURE:

- Stop taking iron and vitamins with iron.
- Discontinue fiber supplements, such as Metamucil, Citrucel, Benefiber, Fiber-Con, etc. .You may continue to eat fiber-containing foods

TWO DAYS PRIOR TO PROCEDURE:

- Maintain a **clear liquid diet** all day! Do not eat solid foods or dairy products of any kind!

A CLEAR LIQUID DIET CONSISTS OF:

Soups: Clear bouillon, Chicken broth, vegetable broth, beef broth, or consommé

Beverages: Tea, Coffee (No dairy cream or milk), Kool-aid, carbonated beverages, Gatorade. You may add sugar, artificial sweeteners to your coffee or tea.

Juices: Apple, white grape, strained lemonade, limeade, and orange drink or any juice that you can see through and has no pulp is acceptable.

Dessert: Italian ices, Popsicles, Jello, and hard candy.

Do NOT drink any **RED** colored beverages or eat **RED** Jello. It is very important to increase fluid intake to prevent dehydration, please make sure to drink at least 8 glasses (2 quarts) or more of fluids such as Gatorade or a similar product, preferably not just plain water. Take your usual prescription medications (except Iron). If you have **Diabetes:** You should take your diabetic medications at one half the usual dose. Monitor your blood sugar at your usual times.

***Sometime between 12 Noon and 4:00 PM drink the 10 oz bottle of Magnesium Citrate.**

ONE DAY BEFORE PROCEDURE:

- Maintain a clear liquid diet all day. See clear liquid diet above.
- Do **NOT** drink any RED colored beverages or eat RED Jello.

It is very important to increase fluid intake to prevent dehydration, please make sure to drink at least 8 glasses (2 quarts) or more of fluids such as Gatorade or a similar product, preferably not just plain water. Take your usual prescription medications (except Iron). If you have Diabetes: You should take your diabetic medications at one half the usual dose. Monitor your blood sugar at your usual times.

Please keep in mind that the cleansing process will take 4 to 8 hours or longer so plan accordingly.

Sometime between 12 Noon and 6:00 PM take the 2 Dulcolax tablets provided in the envelope.

Two hours after taking the Dulcolax tablets mix the 255-gram bottle of Miralax (or 238-gram generic equivalent) in 64 oz of Gatorade. Shake the solution until the Miralax (or generic equivalent) is dissolved. Drink 8 oz every 15-30 minutes until the entire solution is gone. Continue to drink clear liquids until bedtime.

If you become nauseated during the ingestion of the Miralax prep; stop the prep for 45 minutes then resume.

4 HOURS BEFORE THE PROCEDURE

- Drink 10 oz. of Magnesium Citrate. (Set an alarm clock as a reminder if this will be in the early morning.) You may take all of your regular morning medications with clear liquids anytime up to 3 hours prior to your procedure. If you are diabetic, please **DO NOT** take any oral diabetic medication on the morning of your procedure unless otherwise instructed

3 HOURS BEFORE THE PROCEDURE

Stop drinking all liquids.

ARRIVAL TIME: _____ **PROCEDURE TIME:** _____