



## Screening Colonoscopy Clinic

### Gatorade Miralax Prep Instructions

**Following prep instructions is very important.** Not following instructions may lead to an incomplete procedure and the need to repeat it. There is a possibility the repeat procedure will not be covered under your insurance. If you have followed the prep instructions correctly your stool should be liquid and clear to yellow in color.

#### **Items you will need to purchase OVER THE COUNTER**

- 238 gm bottle of Miralax (14 Dose Container)
- 4 Dulcolax laxative tablets
- Two 32oz. bottles of Gatorade – not red, blue or purple in color (G2 or G Zero for diabetics)

#### **5 Days Prior to Procedure**

Hold Iron or supplements containing iron

#### **1 Day Prior to Procedure**

No Solid Foods the Entire Day Prior to your Procedure. **No alcoholic beverages.**

Clear liquids you may have (remember **NO** solid food is allowed from now until **AFTER** your procedure)

- Water
- Tea
- Coffee (without milk or creamer)
- Clear fruit juices
- Clear soups or bouillon
- Carbonated beverages
- Jello
- Gatorade

**(You may not have any Red, Blue, or Purple liquid or Jello)**

**12:00 PM** – Take 4 Dulcolax tablets – Take each pill, one at a time with at least 8 ounces of clear liquid. Suggested times: 12:00 – 12:30 – 1:00 – 2:00

**4:00 PM** – Pour both bottles of Gatorade in a separate pitcher and mix in the entire container of Miralax powder, then pour mixed solution back into individual bottles and place in refrigerator.

**6:00 PM** – Begin drinking one of the 32 ounce Gatorade/Miralax mixtures. **You should drink the mixture at a rate of 8 ounces every 15-30 minutes, until the first bottle is gone.** This should take approximately 2 hours. You are encouraged to drink clear liquids after that time up until the time you go to bed.

**\*\* No smoking after 6:00 PM**

#### **Day of Procedure**

**Hold all medications except cardiac or blood pressure medication.**

**5 hours prior to your arrival time** – Start the second 32 ounce bottle mixture. **You should drink this at a rate of 8 ounces every 15-30 minutes until finished.** This should take approximately 2 hours to finish.

**3 hours prior to your arrival time** – stop all intake by mouth.