

Colonoscopy Preparation Instructions: Gatorade® and Miralax® Split Dose

If you are taking Coumadin® (warfarin), Plavix®, Lovenox®, Aggrenox®, Pradaxa®, Effient®, Eliquis, Xarelto or any other blood-thinning medication, **make sure you know when you are to stop these medications**. Please get in touch with your doctor today if you are unsure.

You may not drive following the exam for the remainder of the day. You must arrange for transportation and **have a driver, whom you know, pick you up following your exam**. If you do not have someone to drive you home, your procedure will be canceled. You may take a taxi or other non-medical hired service only if a responsible adult accompanies you.

Your procedure will last approximately two to three hours from when you arrive at the time you're released. You may confirm your release time with the facility when you arrive.

4 Days Before Your Colonoscopy

- You may continue to take a single aspirin (81 mg tablet) daily and Tylenol®.
- Stop using iron supplements.
- Stop eating nuts, seeds, popcorn, tomatoes, peanuts, corn, berries, bread, or crackers with visible sources. This will assist with the bowel preparation results.

2 Days Before Your Colonoscopy

- **Miralax** or generic brands can be **purchased over the counter without a prescription**.
- **Purchase** the prep ingredients:
- **Gatorade**: 2 quarts (64 ounces). No red, orange, purple, or dark coffee flavors. Low-calorie G2 is OK. You may also use water.
- **Miralax**: one 8.3-ounce (238 grams, 14 doses) bottle. The generic brand is OK.

- You may also purchase a few (2-4) extra 17 grams packages. If the bowel is not clear after the second dose, you can use two packages mixed with 8 oz (one glass) of water for an additional dose.
- **Dulcolax[®] (bisacodyl)**: four 5-mg laxative tablets.
- Consider purchasing soothing wipes and barrier cream, such as A+D Ointment[®], to help with anal irritation. Do not use Desitin[®].
- **Evening**: Mix 2 quarts (64 ounces) of **Gatorade** or **water** with an entire 8.3-ounce (238 gram) bottle of Miralax and refrigerate.

1 Day Before Your Colonoscopy (Prep Day)

- **Before 24 hours of your procedure time**, you may have a small, light breakfast. Examples of a light breakfast are eggs, soup or broth with noodles (no meat or vegetables), white crackers, white rice, white potatoes, white bread, Boost[®] or Ensure[®].
- **Twenty-four hours before the procedure time or by 10 am**, begin a clear liquid diet. Do not eat anything solid. No red, orange, or purple products. No dairy products or creamers. Clear liquids include water, tea, apple juice, white grape juice, white cranberry juice, sports drinks, vitamin waters, Jell-O[®], broth, and soda.
- **At 6:00 pm**: Take two 5-mg Dulcolax (bisacodyl) laxative tablets.
- **Before 7:00 pm**, try to drink at least six to eight glasses of clear liquid.
- **Before 7:00 pm**, you may also drink up to two vanilla Boost drinks. Use the sugar-free version if needed.
- **If you have diabetes** and taking insulin or using an insulin pump, use half your daily dosage today. If you take oral diabetic medications, take half the dosage you usually take. Otherwise, take your regular medications, including the day of the exam.
- **At 7:00 pm**, begin drinking the Gatorade-Miralax mixture. Drink one 8-ounce glass every 10-15 minutes *until half of the entire container is finished (1 quart)*. This will take about an hour.

It is best to down each whole glass. You may add ice to your drink. Please continue your clear liquid diet over the evening to remain hydrated.

Common Gatorade and Miralax Mixture Side Effects

- Chills, bloating, cramping, nausea and vomiting may occur. If so, take a break from drinking the prep for 30 minutes. Resume drinking, taking breaks as needed.
- A bowel movement will usually occur within an hour after the first glass of the Gatorade-Miralax mixture. Don't worry if this doesn't happen for three or four hours. Everyone is different.
- Bowel movements will occur that are watery and frequent until the bowel is thoroughly cleansed. The result should be clear or pale yellow liquid.

Day of Your Colonoscopy

- **Six hours before your colonoscopy start time:** Take 2 Dulcolax tablets 30 minutes before drinking the remainder of the Gatorade-Miralax mixture. Drink one 8-ounce glass every 10-15 minutes *until the rest of the container is finished*.
- **If your bowel is not clear**, you may use an extra one to two packets of 17gm Miralax mix with water or Gatorade as directed to clear the bowel.
- **Two hours before your scheduled procedure time, stop all liquids, including your prep.** You must finish drinking any other clear fluids two hours before your expected procedure time.
- **If you have diabetes**, do not take your daily diabetic medication this morning. Other oral medications can be taken with sips of water up to two hours before the procedure.
- Wear loose, comfortable clothing and a short-sleeved shirt.

Important Bowel Preparation Reminders

The colonoscopy exam's success depends on your colon being empty of fecal matter. The result should be clear or pale, typically yellow liquid. Please complete the bowel preparation as instructed.

Contact the doctor's office at (916) 773-6200 if you experience any difficulties or have concerns with the bowel preparation. An on-call gastroenterologist is available during non-office hours.

Remain hydrated throughout your bowel preparation. You may drink clear fluids throughout the preparation two hours before your scheduled appointment. **Please do not drink red, orange, purple, dark coffee products, dairy products, or creamers once you start the bowel preparation.**

The hardest part is over! After you arrive for your colonoscopy, you'll meet with a nurse who will talk to you about your medical history, start an IV so you can get fluids and get you settled. After you meet with your doctor, you'll be given medication to sedate you and keep you comfortable during your colonoscopy. You will recover after your procedure for about 30 minutes and will be provided a written report with instructions to take home.