



Miralax-Gatorade Bowel Preparation Instructions for Colonoscopy

Key instructions

- Your bowel must be empty so that your doctor can clearly view your colon. Follow all the instructions in this handout EXACTLY as they are written.

Buy your bowel preparation at least **five days** before your colonoscopy. Purchase:

- Four Dulcolax® or generic equivalent laxative tablets containing 5mg of bisacodyl each (NOT Dulcolax stool softener).
- One 8.3-ounce bottle of MiraLAX® (238 grams) or generic equivalent (polyethylene glycol 3350).
- Two 32-ounce bottles of Gatorade®. (NOT RED or PURPLE). **Diabetic patients should use Gatorade G2®. (Not red or purple).**
- One 10-ounce bottle of Magnesium Citrate

Medications

- If you take blood thinners, you must call the doctor who orders those medications for instructions on altering the dosage before your colonoscopy. Blood thinners include Coumadin® (warfarin); Plavix® (clopidogrel); Ticlid® (ticlopidine hydrochloride); Agrylin® (anagrelide); Xarelto® (rivaroxaban); Pradaxa® (dabigatran); Eliquis® (apixaban); and Effient® (Prasugrel).
- All other medications, including aspirin, should be taken the day of the exam with a sip of water.

5 days before your colonoscopy

- Do NOT take medicines that stop diarrhea, such as loperamide (Imodium®) or bismuth subsalicylate (Kaopectate®, Pepto-Bismol®).
- Do NOT take fiber supplements, such as Metamucil®, Citrucel®, or Perdiem®.
- Do NOT take products that contain iron, such as multivitamins (the label lists what is in the products). Do NOT take Vitamin E.

3 days before your colonoscopy

- Do NOT eat high-fiber foods, such as popcorn, beans, seeds (flax, sunflower, quinoa), multigrain bread, nuts, salad/vegetables, or fresh and dried fruit.

2 days before your colonoscopy

- At 7:00 pm. Drink, drink one 10-ounce bottle of magnesium citrate, wait ½ hour and drink 1-liter of water

The Day for before your procedure

- The bowel preparation solution will be consumed in two parts.
- Mix 1/2 of MiraLAX bottle (119 grams) in each 32-ounce Gatorade bottle until dissolved. Keep cool in the refrigerator. DO NOT ADD ICE.

Part 1 – The day prior to your procedure:

- Breakfast only: You may have 2 slices of toast (white bread only) with only butter/margarine. You may also have fried eggs or rice with butter/margarine.
- NO OTHER SOLID FOODS after this point. However, you may have things such as plain white milk, plain vanilla ice cream, and plain vanilla pudding until 6 pm. You may also have coffee, tea, clear broth, Jello®, clear fruit juices without pulp (such as white grape or apple), 7-up, popsicles, Crystal Light, or Kool-Aid until midnight.
- Do NOT drink anything RED or PURPLE. Do not drink alcohol.
- At 5:00 PM, take four Dulcolax tablets.
- At 6:00 PM, drink 32 ounces of the mixed solution by drinking an 8-ounce glass of bowel preparation every 15 minutes for a total of four glasses.
 - 15 minutes later, drink an 8-ounce glass of clear liquid every 15 minutes for a total of two glasses.
- You may continue to drink clear liquids till midnight but nothing after midnight.

Part 2: The morning of your procedure -- 5 hours before your colonoscopy:

- Take the other 32-ounce bottle of mixed solution and drink an 8-ounce glass of bowel prep every 15 minutes for a total of four glasses.
- Fifteen minutes later, drink an 8-ounce glass of clear liquids every 15 minutes for a total of two glasses.
- All Prescribed medications should be taken with a sip of water; these will not affect the prep. (Do not take Coumadin, Plavix, etc).
- Insulin dose should be ½ the dose or as directed. Check glucose if symptoms develop. DO NOT take oral diabetic medication; bring this along with you to take after the procedure.

You **MUST** have a responsible adult accompany you and drive you home following the procedure due to the medications given during the procedure. Driver can leave and return.

___ Sacred Heart Hospital, Eau Claire ___ St. Joseph's Hospital, Chippewa Falls

___ OakLeaf Surgical Hospital, Altoona ___ Our Lady of Victory, Stanley

___ Western Wisconsin Health, Baldwin ___ Cumberland Hospital, Cumberland

You are scheduled on _____, _____ at _____. Arrive by _____.

___ Screening Colonoscopy

___ Diagnostic Colonoscopy

It is your responsibility to check with your insurance company to see how this procedure will be covered.

If you have any questions regarding these instructions, or problems when taking the prep, please call our office at (715) 552-7303.