

# MIRALAX/GATORADE PREP

## 10 days prior to your procedure:

- If you need to cancel and reschedule your procedure please do so 10 days in advance to allow your time slot to be utilized by another patient.
- Familiarize yourself with all the instructions provided, contact the office if you have any questions.
- Contact your managing provider if diabetic to advise what steps to take prior to your procedure. If you take blood thinners, contact our office for instructions.

## Seven days prior to your procedure:

- Begin to eat a low fiber diet. Avoid all the following: raw fruits and vegetables, corn, lettuce/salad, whole grains, beans/legumes, nuts and seeds.
- Suggested foods over the next five days (as you will be on clear liquids day 6&7) include cheese, yogurt, sour cream, milk, bakery items, pasta, white rice, plain crackers, low fiber foods such as puffed rice, cream of wheat, lean meat, chicken, turkey, pork, fish, seafood, eggs and tofu.
- Fill any prescriptions that were given to you for your prep.

## Five days before your procedure:

- Review when you are to hold any blood thinning medications and mark that date.
- Confirm you have a driver over the age of 18 to take you home following the procedure. You cannot take public transportation, such as taxis, Uber, Lyft, etc.
- Purchase the following:
  - FOUR Bisacodyl 5mg tablets (Dulcolax 5mg tablets are the same).
  - MiraLax 235-255grams (Generic –Glycolax or polyethylene glycol).
  - One 2 Liter bottle of Gatorade (64oz), any color except red
  - Any dietary products for your clear liquid diet.

## Three days prior to your procedure:

- If you are constipated (or not having a bowel movement every day) or feel as though you do not have a complete emptying sensation, please take a dose of Milk of Magnesia at night

## Two days before the examination:

- At 7:00pm take 2 of the Bisacodyl (Dulcolax) 5mg tablets with a glass of water.
- Repeat Milk of Magnesia at night if needed

## Day before the examination:

### **MORNING – Day before examination:**

Begin a clear liquid diet at 6:00 AM. Drink at least 8 glasses of water during the day to avoid dehydration.

### **Clear Liquid:**

Gatorade, Pedialyte or Powerade  
Clear broth or bouillon  
Coffee or tea (no milk or non-dairy creamer)  
Carbonated and non-carbonated soft drinks  
Kool-Aid or other fruit flavored drinks  
Strained fruit juices (no pulp)  
Jell-O, popsicles, hard candy

### **Not Clear Liquid:**

No red or purple items of any kind  
No Milk or non dairy creamers  
No noodles or vegetables in soup  
No juice with pulp  
No liquid you cannot see through  
No solid food

**AFTERNOON – Day before examination:**

- Open the 64oz bottle of Gatorade & pour one 8 ounce glass from the bottle into a cup. You can drink that 8 ounce glass at your convenience.
- Mix the whole bottle of MiraLax with the bottle of Gatorade and refrigerate.
- At 3:00pm take 2 Bisacodyl (Dulcolax) 5mg tablets with 8oz of clear liquid.
- Between 4:00pm and 6:00pm begin drinking the Gatorade solution. Drink an 8oz glass every 10-15 minutes for a total of 4 glasses.
- You may drink clear liquids, chew gum and suck on hard candy or popsicles while drinking the prep.

**Day of your examination:**

- 4 Hours before your procedure, drink the rest of the Gatorade solution.
- Drink 8oz every 10-15 minutes.
- 3 Hours before your procedure do not drink anything – due to the sedation you will be receiving.

**You are ready for the exam if you followed all instructions and your stool is no longer formed, but clear or yellow liquid**

**COLON CLEANSING TIPS**

1. Stay near the toilet! You will have diarrhea, which can be quite sudden. This is normal.
2. Continue to drink the prep solution every 15 minutes as directed. Occasionally, this may involve drinking the solution while sitting on the toilet.
3. Rarely, people may experience nausea or vomiting with the prep. If this occurs, give yourself a 30-90 minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
4. It is common to experience abdominal discomfort until the stool has flushed from your colon (this may take 2 to 4 hours, and occasionally significantly longer).
5. Anal skin irritation or a flare of hemorrhoidal inflammation may occur and can be treated with a variety of over the counter remedies including hydrocortisone creams, baby wipes, or Tucks pads.
6. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories.