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Colonoscopy: Miralax/Gatorade Preparation

Purchase at the pharmacy: (4) Dulcolax Tablets, 238 gram bottle of Miralax and 64 oz. of Gatorade. (NO red or orange)

One week prior to procedure: Do not take iron pills or medication that can cause bleeding. These include: coumadin, aspirin, Percodan, Alka-seltzer. You must stop any anti-inflammatory type drugs including Empirin, Ecotrin, Bufferin, Ascriptin, ibuprofen, Motrin, Advil, Medipren, Nuprin, naproxen (Naprosyn), sulindac, Clinoril, piroxicam, Feldene, indomethacin, Indocin, Diclofenac, Voltaren. *Tylenol and other brands which contain acetaminophen are safe to use prior to this procedure.*

Five days prior to procedure: Restricted diet — DO NOT eat nuts, seeds, popcorn, and corn. Discontinue fiber supplements: Metamucil, Citrucel, Fiberall, etc.

One day before procedure:

Clear liquids all day

At 3:00 pm take 4 Dulcolax tablets

At 5:00 pm mix the 238 gram bottle of Miralax in 64 oz. of Gatorade. Shake the solution until the Miralax is dissolved.

Drink an 8 oz. glass every 10-15 minutes until the solution is gone.

Continue drinking clear fluids until bedtime.

On the day of the procedure:

1. Do not eat or drink anything that day.
2. If you take medication, you may have it on the morning of the procedure with a small amount of water. (Call the office if you have questions about these medicine instructions.)
3. Report to AGEC/PCMH at _____.
Your procedure is scheduled for _____.
Any questions or comments, please call (252) 758-2424 or fax (252) 758-0424.

No Driving: You can not drive, use a taxi, or a bus after the procedure. You must be accompanied by an adult. If this procedure is not followed, your procedure may be cancelled.

Clear Liquid Diet — ONLY THESE FOODS ARE ALLOWED.

Soups: Clear bouillon, broth, or consommé.

Beverages: Tea, coffee, decaffeinated tea/coffee, Kool-Aid, Carbonated beverages.

DO NOT put any milk or cream in the tea or coffee.

Juices: Cranberry, apple, grape juice, strained lemonade, limeade, or orange drink.

ANY JUICE YOU CAN SEE THROUGH AND HAS NO PULP IS ACCEPTABLE

Dessert: Water ices, Italian ices, popsicles, jello (except red)