

2465 Emerald Place, Greenville, NC 27834
(p) 252-758-2424

Colonoscopy: Miralax/Gatorade Preparation - Split Dosing

Purchase from the pharmacy:

- (4) Dulcolax Tablets
- 238 gram bottle of Miralax
- 64 oz. of Gatorade(NO RED OR ORANGE)

Five days prior to procedure: "DO NOT TAKE" iron pills or medication that can thin your blood, or cause bleeding. If you take medications such as Aspirin, Coumadin, Lovenox (Heparin), Eliquis Aggrenox, Effient, Pradaxa or Plavix please consult with your prescribing doctor about how long you can safely stop these medications prior to your procedure. You must stop any anti-inflammatory type drugs including, Ibuprofen, Motrin, Advil, Naproxen, Mobic and Celebrex. Tylenol and other brands which contain acetaminophen are safe to use prior to this procedure. Any chronic pain medications may be continued, ask physician for details.

ONE day before the procedure:

- **BEGIN CLEAR LIQUID DIET:** examples are listed below.
- Mix the 238 gram bottle of Miralax in 64 oz. of Gatorade. Shake the solution until the Miralax has dissolved. Place in refrigerator.
- **1:00pm** take (2) Dulcolax tablets
- Wait for bowel movement. After a bowel movement occurs (usually within 1-6 hours), begin drinking the chilled solution. If no bowel movement occurs by 5:00pm, start drinking the solution. You need to drink 8 oz. every 10-15 minutes until **one half** of the bottle is gone. Take the remaining 2 Dulcolax tablets.
- Continue clear liquids until midnight.

Day of the procedure:

- **MUST REMAIN ON CLEAR LIQUIDS.**
- **You must complete the Miralax/Gatorade prep no later than 6 hours prior to your procedure.**
- Please remember to take blood pressure medications.
- Diabetic patients: contact your prescribing doctor for instructions on the use of your diabetic medication.

Arrive at AGEC (left side entrance) OR Vidant Outpatient Admissions 30 minutes prior to your scheduled procedure time.

- ◆ A family member or friend must accompany you, remain there with you, and drive you home after the procedure.
- ◆ Please bring current insurance card, co-pay, licensed driver, and a current medication list the day of your procedure.
- ◆ Please only bring one family member or friend due to limited space.
- ◆ For re-schedules or any questions, call 252-758-2424.

EXAMPLES OF CLEAR LIQUIDS:

AVOID ANY FOOD OR LIQUID THAT IS RED OR ORANGE IN COLOR

- Water (plain, carbonated or flavored)
- Fruit juices **without** pulp, such as apple or white grape
- Lemonade
- Carbonated drinks, including dark sodas (cola or root beer)
- Jell-O
- Tea or coffee **without** milk or cream
- Sports drinks, such as Gatorade or Power Aid
- Clear, fat free broth (bouillon or consommé)
- Hard candy, such as lemon drops or peppermints
- Ice pops **without** milk, bits of fruit, seeds or nuts
- Any foods not on the above list should be avoided