



### **Colonoscopy: Miralax/ Gatorade Preparation- Split Dosing**

**Five days prior to procedure:** “DO NOT TAKE” iron pills or medication that can thin your blood, or cause bleeding. If you take Aspirin, Coumadin, Lovenox (Heparin), Aggrenox, Effient 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. If you take any blood pressure, heart, or chronic pain medication, you may continue to take those the morning of your procedure with a SIP of water. If you have a chronic lung condition that requires the use of an inhaler, please bring your inhaler to your appointment.

#### **Purchase from the pharmacy:**

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

#### **ONE day before the procedure:**

- **MUST REMAIN ON CLEAR LIQUIDS:** 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 ONLY.**

#### **Day of the procedure:**

- **ONLY THE REMAINDER OF THE MIRALAX & GATORADE SOLUTION IS TO BE CONSUMED THE MORNING OF PROCEDURE. Nothing else to eat or drink.**
- If you take heart or blood pressure medications, you may take those on the morning of your procedure with a **small sip of water**.
- Diabetic patients: contact your prescribing doctor for instructions on the use of your diabetic medication.
- You must complete your prep no later than 6 hours prior to your procedure.  
Ex: Procedure scheduled at 2 p.m. prep completed by 8 a.m.
- Nothing else to eat or drink until after your procedure.

**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:**

- 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. It is also asked that you **avoid any foods with red or orange coloring.**