

MIRALAX & GATORADE PREP

To ensure a successful exam, please follow all instructions carefully.

You **MUST** arrange a ride for the day of your exam. If you fail to arrange acceptable transportation, your procedure will need to be rescheduled. **If you must cancel or reschedule your appointment, please call our office as soon as possible.**

BEFORE YOUR EXAM:

- 1 - 8.3 oz. bottle Miralax (238 grams)
- 64 oz. clear liquid (NOT red). Gatorade, G2, Gatorade Ice, Powerade or Powerade Zero are acceptable.

7 DAYS BEFORE YOUR COLONOSCOPY:

- If you take aspirin or NSAIDS such as Advil, Motrin, Celebrex or Ibuprofen, you may continue to take them as usual unless otherwise instructed by your physician
- If you take a blood thinner, such as Plavix (Clopidogrel), Coumadin, (warfarin), Effient (Prasugrel), hold it for 5 days and Pradaxa (dabigatran), Eliquis (Apixaban), Xarelto (rivaroxaban) hold it for 3 days prior to your procedure with approval of your cardiologist
- Stop taking iron supplements: ferrous sulfate or polysaccharide iron complex.

3 DAYS BEFORE YOUR COLONOSCOPY:

Stop eating all nuts, seeds and popcorn.

1 DAY BEFORE YOUR COLONOSCOPY:

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

At 4 pm, drink one 8 oz. glass of the Miralax/Gatorade solution and continue drinking one 8 oz. glass every 15 minutes thereafter until the mixture is gone. Set a timer for every 15 minutes to keep pace.

Allowed clear liquids:

- Gatorade, Pedialyte, or Powerade
- Coffee or tea (no milk or non-dairy creamer)
- Carbonated and non-carbonated soft drinks
- Kool-Aid or other fruit-flavored drinks
- Apple juice, white cranberry juice, or white grape juice
- Jell-O, popsicles

Liquids – NOT allowed:

- Chicken, beef, or vegetable broth
- Red or purple items of any kind
- Alcohol
- Milk or non-dairy creamer
- Juice with pulp
- Hard candy
- Any liquid you cannot see through

DAY OF YOUR COLONOSCOPY:

Nothing to drink after midnight. You may take all of your usual morning medications with 4 oz. of water **up to 2 hours prior to your procedure**

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

1. Stay near a 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 30-90minute 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. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories.