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MiraLAX/Gatorade Preparation for Colonoscopy

Purchase over the counter:

- Four Dulcolax laxative tablets
- One 8.3 oz. bottle of MiraLAX
- One 64 oz. bottle of low sugar Gatorade (G2, Gatorade Ice, or Powerade; nothing red or purple).

One week prior to your procedure:

Do not take any ibuprofen, Aleve, BC or Goody's Powder, Motrin, calcium, Vitamin E, fish oil, iron pills, herbal products, or arthritis medications. *If you are taking the weight loss drug phentermine, stop use seven days prior to your procedure.*

Two nights before your procedure, at 6 pm: Take 2 Dulcolax tablets with 8 oz. of water.

The day before your procedure:

In the morning, place Gatorade in refrigerator to chill. You may have 2 plain eggs for breakfast, but this will be the only solid food for the day. Proceed with liquid lunch and dinner.

For example: Jell-O, popsicles, Gatorade, and juice (nothing red or purple). Any broth is okay, like chicken broth and beef bouillon. To avoid dehydration, **drink plenty of liquids all day.**

- At **5 pm:** Take 2 Dulcolax tablets with 8 oz. of clear liquid of your choice.
- At **6 pm:** Pour the bottle of MiraLAX into the 64-oz. bottle of Gatorade and shake the solution until the MiraLAX is completely dissolved. **Drink one 8 oz. glass of the solution every 15 minutes until it is halfway consumed** (approximately 32 oz.). Place the bottle back in the refrigerator for use tomorrow.

***Do not consume any more liquids by mouth after midnight except the morning prep.**

The morning of your procedure:

Begin **4 hours before your arrival time** drink the remaining 32 oz. of MirLax prep solution as instructed above, followed by two 8 oz. glasses of clear liquid. **NOTHING** to eat or drink once this step is completed. This must be completed at least 2 hours before your arrival time.

Please note: If you cannot drink the entire solution, call our office to reschedule your procedure.

*You may take your blood pressure medication the morning of the procedure (at least **3 hours** before arrival) with a **small sip** of water.

***Blood-thinning medications** (such as Coumadin, Plavix, Clopidogrel, Aggrenox, Xarelto, Brilinta, Pradaxa, and Eliquis) will need to be discontinued prior to your procedure. Our office will inform you the number of days prior to your procedure to stop these medications. If you are taking one low dose (81 mg) aspirin a day, please **DO NOT STOP ASPIRIN**.

*You will be given medications for sedation and your ride must stay the entire time at the Endoscopy Center. For your safety **you cannot drive, take a taxi, or Uber home**. Expect to be at the center 2-3 hours.

*Due to a limited number of procedure slots, a \$100 fee will be charged for procedures canceled or rescheduled with less than 3 days' notice.