

Colonoscopy With Miralax/Gatorade Bowel Prep

Please hold all aspirin and aspirin products for 5 days prior to exam. These include: Aspirin, Ibuprofen, Advil, Motrin, Aleve, Naprosyn and arthritis medications. If you are taking prescription blood thinners, such as Coumadin, Plavix, Aggrenox, Lovenox, etc..., please hold these medications for 5 days prior to the exam as well, and contact the prescribing physician for additional medication orders. You may take Prednisone. If you need to take anything for general aches and pains, Tylenol is okay to take.

Items to purchase from the pharmacy/drugstore:

1. 238 g bottle of Miralax Laxative (over the counter, powder).
2. Box of Dulcolax Laxative tablets (Bisacodyl) DO NOT get the stool softener!!!
3. 64 oz of Gatorade any flavor, except those that are dark red or dark purple.

The day before your procedure-----

1. You should be on a clear liquid diet ONLY the day before your procedure. This includes: water, Jell-O, broth, juice, soft drinks, coffee, tea and sports drinks. Avoid liquids that are dark red or purple in color. No milk or milk products. Also avoid juices with pulp. It is very important that you drink as much fluid as possible throughout the day!
2. First thing in the morning, mix together the entire bottle of Miralax laxative with all 64 oz of Gatorade.
3. At 3:00 pm, take 4 Dulcolax Laxative tablets. Take them all together, without crushing or chewing.
4. At 5:00 pm, begin drinking the Gatorade/Miralax mixture. Drink one 8 oz glass every 10-15 minutes until the solution is completely gone.
5. You may have clear liquids until midnight, then nothing to drink after midnight.
6. Feel free to phone the office with any questions or concerns. (620)225-1650
7. Someone MUST be with you to drive home.