

## MIRALAX AND GATORADE PREP FOR A MORNING COLONOSCOPY

### You will need to buy the following:

1. Miralax 238 gram bottle
2. 64 oz. of Gatorade (No red or purple)
3. Dulcolax tablets (4)

### PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY:

1. Please avoid non-steroidal anti-inflammatory drugs (Advil, Motrin, Ibuprofen, Aleve, Naproxen, etc.) 7 days prior to the procedure.
2. Please avoid aspirin products 7 days prior to the procedure, unless you require aspirin for coronary artery disease, atrial fibrillation, or you've had a TIA or stroke.
3. If you are on Coumadin, Plavix, Pradaxa or any other blood thinners, then please notify our office at least 10 days prior to the procedure.
4. Please have someone available to drive you home, as you will be receiving sedation and will not be able to drive. Public transportation such as a bus or taxi cab is not permitted.

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The day **before** your procedure:

1. Please use a clear liquid diet all day
  - \* **Water**
  - \* **Fruit juice without pulp**
  - \* **Lemonade**
  - \* **Coffee or tea, without cream, milk, or nondairy creamer**
  - \* **Chicken broth**
  - \* **Jello-O (No red or purple)**
2. At 4pm, take **(4)** Dulcolax tablets
3. At 7pm, mix the entire bottle of Miralax into the 64 oz. of Gatorade and drink 8 oz. every 15 minutes until it is gone. If you feel nauseous, then decrease the pace of your intake.

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The day **of** your procedure:

1. It is OK to drink clear liquids (as above) up to 4 hours before your procedure.
2. Take the daily medications with a sip of water.
3. If you are on insulin, then half the morning dose. Please do not take your oral diabetic medications.

**IF YOU HAVE ANY QUESTIONS, THEN PLEASE CALL OUR OFFICE AT: (508) 747-1560**