

## MIRALAX AND GATORADE PREP FOR AN AFTERNOON COLONOSCOPY

### YOU WILL NEED TO BUY THE FOLLOWING:

1. Miralax 238 gram bottle
2. 64 oz. of Gatorade (No red or purple)
3. Dulcolax Laxative 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 the Dulcolax tablets
3. At 7pm, mix the entire bottle of Miralax into the 64oz. of Gatorade and drink 8 oz. every 15 minutes until you have finished half of the prep. If you feel nauseous, then decrease the pace of your intake.

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The day **of** your procedure:

1. At 6am, drink the remainder of the prep, 8 oz. every 15 minutes until it's gone.
2. It is OK to drink clear liquids (as above) up to 4 hours before your procedure.
3. Take your daily medications with a sip of water.
4. 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**