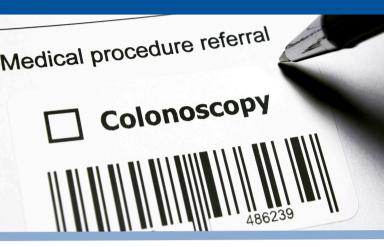
# Colonoscopy Prep

Miralax & Gatorade



#### YOU WILL NEED:

For this preparation, you will need:

- One 238 gram bottle of MiraLax (or generic equivalent)
- Four Dulcolax tablets (or any laxative)
- 64 oz. of Gatorade (avoid red, purple, and orange)

These items are all available over the counter.

#### THE DAY BEFORE:

The day before your colonoscopy you should drink only clear liquids. It is recommended that you drink a minimum of 32 fluid ounces of clear liquids spread out over the day BEFORE you start your prep.

During your prep, you cannot have:

- any solid or soft food
- milk or dairy products
- red, purple, and orange liquids



#### Schedule

## STEP 1: DAY BEFORE PREP (2 DAYS BEFORE PROCEDURE)

Mix bottle of MiraLax in 64 oz of Gatorade or other clear liquid. Shake or stir the solution until the MiraLax is dissolved. Place in the fridge.

### STEP 2: BEGIN AT APPROXIMATELY 4 PM THE DAY BEFORE YOUR PROCEDURE

Take two (2) Dulcolax tablets with 8 oz of water. Swallow the tablets whole. Drink half of Gatorade mixture

### STEP 3: BEGIN AT APPROXIMATELY 10 PM THE DAY BEFORE YOUR PROCEDURE

Take two (2) Dulcolax tablets with 8 oz of water. Swallow the tablets whole. Drink the remaining half of the Gatorade mixture. (Note: You should finish the entire 64 ounces of solution.)

#### OTHER INFORMATION

### DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.

If you have nausea/vomiting after starting bowel prep, STOP and wait until you feel better before resuming to drink. Waiting 30+ minutes is okay in order to keep the bowel prep in.

### **Questions?**

If you have any questions or concerns, please feel free to reach out to our Surgery Team.

(641) 774-3374 | www.lchcia.com