

# Colonoscopy Prep

## *Miralax & Gatorade*

Medical procedure referral

**Colonoscopy**



### **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.