

MiraLAX & Gatorade / Powerade Bowel Prep Instructions for Colonoscopy

DATE OF PROCEDURE: _____

STOP _____ MEDICATION _____ DAYS PRIOR

**YOU WILL NEED A FAMILY MEMBER OR FRIEND TO DRIVE YOU
AND CARE FOR YOU AFTER THE PROCEDURE DUE TO SEDATION**

Five (5) Days Before Your Test You MUST

- **AVOID** nuts, corn & other 'whole' grains
- **STOP** any NSAIDS, ASPIRIN, IBUPROFEN or Medication that thins your blood. Tylenol may be taken for pain.

Items to purchase OVER THE COUNTER

- MiraLAX 238 grams (available in a bottle; you may also purchase the generic called PEG 3350)
- 4 Dulcolax tablets
- 64 ounces of Gatorade or Powerade (NO RED, PURPLE, or BLUE)
- magnesium citrate (only if instructed to purchase) EXCLUDED FOR RENAL PATIENTS

The (1) Day Before Your Test You MUST

- If you are diabetic **DO NOT** take your insulin or diabetic medication the day before your procedure. Any questions regarding diabetes medications contact your **Primary Care Doctor**
- Drink only clear liquids (ABSOLUTELY NO SOLID FOODS)!
- NOTHING CAN BE RED, PURPLE or BLUE! & NO DAIRY PRODUCTS!
- Bouillon or broth (no noodles), clear soda, juices (white grape, apple, or white cranberry), tea, coffee (no cream), Gatorade/Powerade, crystal lite, water-based popsicles and Jell-O are also ok to eat (excluding above colors).
- If you are diabetic, eat/drink things that are **NOT** sugar free and NO insulin or diabetic medications the day before your test.

STEPS TO FOLLOW FOR YOUR COLONOSCOPY PREPERATION

- ***** NO SOLID FOODS TO EAT THE ENTIRE DAY BEFORE YOUR PROCEDURE *****
- At **4:00pm**-Take 4 Dulcolax tablets. Mix the entire 238g bottle of MiraLAX (or generic form glycol ax) in 64 ounces of Gatorade or Powerade (no RED, PURPLE, or BLUE) Please shake well.
- At **5:00pm**-Drink an 8-ounce glass of prep solution. Continue to drink 1 glass every 15 to 20 minutes. You may sip clear liquids in between. *You must finish the entire container*
- One hour after the entire container has been consumed, **(if instructed)** you will drink the bottle of magnesium citrate.
- You may continue to drink clear liquids after you have finished the prep solution **UP TO (3) Hours** before your procedure ARRIVAL time.

**IF THERE ARE ANY QUESTIONS, PLEASE CONTACT US AT
219-922-4900 OPTION (3)**

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