

MIRALAX / GATORADE

Bowel Prep Instructions

READ ALL INSTRUCTIONS UPON RECEIPT

5 DAYS PRIOR:

- If you have not received your MIRALAX prep, please call your doctor's office.
 - If you are taking a blood thinning medication, follow your doctor's instructions on holding or continuing this medication.
 - Stop all stool formers (Metamucil, FiberCon, Citrucel), vitamins and iron, but continue your other medications.
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2 DAYS PRIOR:

- Stop eating nuts, seeds, and raw vegetables.
 - You will need to purchase two (2) 32 ounce bottles of Gatorade, (no red or purple) and four (4) Dulcolax Tablets- these can be purchased at most grocery stores and is over the counter.
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1 DAY PRIOR:

- Only consume clear liquids.
 - Do not eat solid food until after your procedure.
 - No milk or milk products, no soy or non-dairy creamer, no juice pulp, no alcohol, and nothing red or purple in color.
 - Mix half of the Miralax 238-gram bottle into one (1) 32 ounce Gatorade bottle; refrigerate.
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EVENING PRIOR TO COLONOSCOPY AT 4 PM:

- Take four (4) Dulcolax tablets with water and continue clear liquids.
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EVENING PRIOR TO COLONOSCOPY AT 5 PM:

- Begin drinking the **1st dose** of Miralax/Gatorade at a rate of eight (8) ounces every 15 – 30 minutes (over 1 – 2 hours).
 - Mix the 2nd dose of Miralax/Gatorade and refrigerate.
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DAY OF COLONOSCOPY: 5 HOURS PRIOR TO YOUR PROCEDURE ARRIVAL TIME:

- Drink the **2nd dose** of Miralax/Gatorade at a rate of eight (8) ounces every 15 – 30 minutes (over 1 – 2 hours).
- Do not drink anything else after this.

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3 HOURS PRIOR TO YOUR PROCEDURE ARRIVAL TIME:

- Take all other morning medication with a small sip of water at least 3 hours prior.
 - Do not chew gum or tobacco.
 - You must stop drinking water at least three (3) hours prior to your arrival time.
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TRANSPORTATION:

- Bring someone with you that can safely drive you home. No taxi's, ride shares or public transportation, unless you are accompanied by a family member or friend.
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CANCEL OR RESCHEDULE:

- Please let us know at least 3 business days, prior to your appointment, if you need to cancel or reschedule to avoid a late notice fee.
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NO CHEWING TOBACCO OR SMOKING (CIGARETTE, CIGAR, PIPE, MARIJUANA, VAPOR):

- Please do not smoke or chew tobacco on the date of the procedure, until after your procedure. Nicotine Patch OK.

CALL 210-614-1234 IF YOU HAVE ANY QUESTIONS