



GATORADE/ MIRALAX BOWEL PREPARATION

Purchase these over the counter laxatives:

1. GATORADE (64 ounces) of lemonade or other CLEAR Gatorade (two 32 Oz. bottles)
2. DULCOLAX 5mg tablets (four tablets)
3. MIRALAX BOTTLE 238 grams (over the counter only)

The DAY BEFORE your colonoscopy or colon surgery:

Clear Liquids ONLY
No Solid Food

Examples of CLEAR LIQUIDS: Water, clear fruit juices such as apple or white grape, chicken or beef bouillon, jello (no RED or PURPLE), clear Gatorade, popsicles (no RED or PURPLE), clear soft drinks, coffee without cream or sugar.

NO MILK OR MILK PRODUCTS. NO ORANGE JUICE. NO RED OR PURPLE JELLO OR JUICES.

2 PM: Drink 8 ounces of clear liquids

3 PM: Take 2 DULCOLAX tablets

4 PM: Drink 8 ounces of clear liquids

5 PM: Mix the entire bottle of MIRALAX into the 64 ounces of GATORADE. (Put half the bottle in each 32 ounce bottle). Shake the solution until fully dissolved. Drink an 8 ounce glass every 15 minutes until the solution is gone.

7 PM: Take the last 2 DULCOLAX tablets.

8 PM & 9 PM: Drink 8 ounces of clear liquids

NOTHING BY MOUTH AFTER MIDNIGHT.

The DAY OF your colonoscopy or colon surgery:

You may take any necessary medications with a sip of water but nothing to eat or drink until after your procedure is completed.

NOTES ABOUT YOUR BOWEL PREPARATION:

Bring along someone to take you home.

No aspirin, aspirin by-products or Plavix for 1 week prior to your colon procedure. No coumadin for 5 days or check with your physician who orders the coumadin. Please contact the physician that prescribed the aspirin, plavix, and coumadin to see if this is acceptable.

REMEMBER: The preparation is very important. An adequate clean out allows for the best evaluation of your entire colon. During the prep, using baby wipes may ease some of your discomfort.

If you develop discomfort or bloating stop drinking the solution for 30 minutes then restart the prep. Nausea cramping and abdominal fullness are the most common adverse reactions with the bowel prep.

You should NOT plan on working or driving the rest of the day due to sedation given at the procedure.