



COLONOSCOPY PREPARATION WITH GATORADE/MIRALAX

You will need to purchase an 8.3 oz bottle of Miralax (which is available over-the-counter), a 64 oz bottle of Gatorade, and three 5 mg. Dulcolax Laxative Tablets)

- The day before the test, you may have only clear liquids for breakfast, lunch and dinner (nothing red or purple in color). This includes:
 - * Clear broth (i.e. chicken, beef, vegetable)
 - * Pop (including Pepsi, Coke, Vernors, etc.)
 - * Coffee or Tea (sugar or substitute is OK, NO cream)
 - * Fruit Juices (pulp free only, i.e. orange, apple, etc.)
 - * Water
 - * Popsicles or Fruit Ices (no red or purple)
 - * Jello (no red or purple)
 - * Gatorade (no red or purple)

Avoid anything red or purple in color. No dairy products or non-dairy creamer, this includes Ensure.
NO SOLID FOOD THE DAY BEFORE THE TEST!
It is important to drink a lot of fluids throughout the day.
- At 4:00 PM**
 - Mix the 8.3 oz bottle of Miralax in 64 oz of Gatorade (not red or purple in color). Drink an 8 oz glass every 15 – 20 minutes until gone.
- At 6:00 PM (or one hour after finishing the Miralax drink)**
 - Take three Dulcolax 5 mg tablets with a glass of water, even if stool output appears clear.
- If you can not tolerate the prep or have questions, please call the office at (586) 447-0704. After 5 PM, please call the answering service at (586) 693-3876.
- You are to have nothing to eat or drink from midnight the night before the test. Not even water. **See instructions at the bottom of the page regarding taking your medications.**
- Due to State Regulations, you must have a driver for transportation, who must stay with you for the procedure.**
- No aspirin or aspirin-like products (Motrin, Aleve, Advil, etc.) for 5 days prior to the test. Tylenol (Acetaminophen) or Extra Strength Tylenol is okay to use. No iron supplements 48 hours prior to your procedure.
- Please discuss your medications with the physicians, especially insulin, aspirin, Coumadin, Plavix, etc.
- If you are unable to keep your appointment, please call the boarding department at (586) 447-0704 before 5 PM. After 5 PM, you may notify the answering service at (586) 693-3876.

SPECIAL INSTRUCTIONS:

- Patient must have a driver.
- Nothing to eat or drink after midnight.
- Check with your PCP for instructions on diabetic medications for prep and/or procedure days.
- Discontinue the following medications: _____

- Take the following medications with a sip of water 2 hours prior to your test: _____
