



# COLONOSCOPY PREP USING MIRALAX AND GATORADE

PATIENT: \_\_\_\_\_

DOCTOR: \_\_\_\_\_ LOCATION: \_\_\_\_\_

PROCEDURE DAY: \_\_\_\_\_ DATE: \_\_\_\_\_

ARRIVAL TIME: \_\_\_\_\_ PROCEDURE TIME: \_\_\_\_\_

THE DAY PRIOR TO YOUR PROCEDURE **YOU MUST FOLLOW A CLEAR LIQUID DIET ALL DAY.**



DAY \_\_\_\_\_ DATE: \_\_\_\_\_



**LIQUIDS ALLOWED:** Water, black coffee, apple and white grape juice, soda, tea, Kool Aid, sports drinks, lemon or lime Jell-O, Chicken or beef broth, and popsicles.

**NOT ALLOWED:** Solid food, milk, alcohol or anything RED, ORANGE, or PURPLE.

### PLEASE PURCHASE THE FOLLOWING OVER THE COUNTER SUPPLIES AT YOUR LOCAL PHARMACY:

Two (2) 32 oz. bottles of Gatorade/PowerAde/Propel/or Smartwater **(NO RED, ORANGE or PURPLE)**

Two (2) bottles of MiraLAX 4.1 oz or its generic version

Four (4) Dulcolax tablet (containing 5mg bisacodyl) or its generic version

One (1) 10 oz. bottle of Magnesium Citrate **(NO RED)**



\_\_\_\_\_ Take 2 Dulcolax tablets with 8 oz of water.

#### STEP 1

Mix one bottle of MiraLAX with 32 oz of Gatorade/Powerade/Propel/Smartwater until is it dissolved. Begin drinking one 8 oz glassful of MiraLAX mixture every 15-30 minutes until you finish 32 oz. This should take you approximately 1 hour.

\_\_\_\_\_ Take 2 Dulcolax tablets with 8 oz of water.

#### STEP 2

Mix one bottle of MiraLAX with 32 oz of Gatorade/Powerade/Propel/Smartwater until is it dissolved. Begin drinking one 8 oz glassful of MiraLAX mixture every 15-30 minutes until you finish 32 oz. This should take you approximately 1 hour.

Stay near the toilet. You will have diarrhea, which can be quite sudden. This is normal. The stool should eventually be a clear yellow liquid.

#### STEP 3

\*\*If by \_\_\_\_\_ the bowel movement is not clear, please drink the 10 oz bottle of Magnesium Citrate.\*\*

**NPO STATUS:** During your procedure you will be administered either general anesthesia or heavy sedation. For your safety, it is essential you follow these guidelines:

#### STEP 4

No food, drink or water after \_\_\_\_\_.

**NO GUM, CANDY, MINTS, CIGARETTE SMOKING or TOBACCO USE 2 hours prior to your arrival time.**

**IMPORTANT INFORMATION ON THE BACK**

Staff initials/Name: \_\_\_\_\_



## COLON CLEANSING TIPS:

Drink sips of the MiraLAX chilled

Drink sips of the MiraLAX through a straw

Walking will help move the solution through, your body

If you feel bloated or your stomach feels “full”, drink solution slow

Continue drinking lots of clear liquids until midnight

Anal skin irritation or flare of hemorrhoid inflammation may occur. If this happens, treat it with over-the-counter remedies, such as hydrocortisone cream, baby wipes; Vaseline, or tucks. Avoid products containing alcohol.

### **AT LEAST A WEEK BEFORE YOUR PROCEDURE:**

- Check with your prescribing doctor to make sure it is safe to hold prescription blood thinners, such as Coumadin, Plavix, Pradaxa, Xarelto, Warfarin, Eliquis, or iron supplements. Please get permission to stop these **4 days prior** to your procedure.

### **THE DAY OF YOUR PROCEDURE:**

- If you take insulin or oral diabetic medication, you are advised to **HOLD** and **DO NOT TAKE** on the day of your procedure. Bring it with you.
- Take any routine heart, blood pressure or seizure medications with a **SMALL** sip of water. At least two hours before your procedure.

### **YOU MUST HAVE WITH YOU:**

- A responsible adult to drive you home. **This individual MUST be present when you**, check-in and stay at the facility during the procedure or your procedure will be **CANCELLED**.
- A list of all medications you are now taking, including over-the counter products and herbal supplements.
- A list of any allergies you have.
- If you have a Pacemaker/AICD please bring in your Pacemaker/AICD card.

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Any questions, please contact us at:  
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