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MiraLax-Gatorade Preparation for Colonoscopy

<u>Scheduled on</u>	<u>Arrive at</u>	<u>Procedure at</u>
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Before beginning the preparation, you must purchase from your local pharmacy the following: This does not require a prescription.

- Miralax 238 gms
- Dulcolax tablets (not the stool softener)-you may need up to 4 tablets

The day before the procedure:

- Clear liquids for breakfast (see attached list)
- Clear liquids for lunch MiraLax is an osmotic laxative used commonly in the treatment of occasional constipation.

MiraLax has no sugar or sweetener, no taste, grit, or residue. When used as a colon preparation, it allows complete pre-procedure cleansing while minimizing patient discomfort. Please follow the instructions carefully.

- **4:00pm**-Take two (or four if you are chronically constipated) Dulcolax tablets at this time.
- **4:00pm** - Mix the entire 238g bottle of MiraLax in 32 ounces of Gatorade or any other clear non-carbonated liquid. Please avoid red beverages as this may lead to confusion when the prep takes effect. This will form a light slurry. Please shake well.
- **5:00pm** – Drink 20 ounces, about half of the preparation. Refrigerate the remainder. Continue to drink other clear liquids (from list on the left below) until midnight.

You should consume at least 3 cups of clear liquids between the doses of the prep and anytime before midnight.

The day of the procedure at _____ Finish drinking the remaining half of the preparation and more clear liquids within 1 hour. Nothing by mouth after completing the prep.

CLEAR LIQUID DIET THESE ITEMS ARE ALLOWED: Water Clear broth: beef or chicken Juices Apple juice or cider, White Grape juice, White cranberry juice, Tang, Lemonade Sodas, Tea Coffee (without cream) Clear gelatin (without fruit) Popsicles (without fruit or cream) Italian Ices.

THESE ITEMS ARE NOT ALLOWED: Milk, Cream Milkshakes, Tomato juice, Orange juice, Cream soups, Any soup other than the listed broth, Oatmeal, Cream of Wheat, Grapefruit juice.

PLEASE NOTE: It is extremely important to follow the preparation listed above, so that the doctor will be able to see your entire colon. Your colon must be clear of any stool. Inadequate preparation limits the value of this procedure and could necessitate rescheduling of the examination.

*If you need to reschedule or cancel your appointment, please call 847-382-4410