

PM MIRALAX/GATORADE PREPARATION INSTRUCTIONS

The following instructions are your Doctor's specific directions. Please follow the directions carefully.

5 DAYS BEFORE THE PROCEDURE

Stop taking Coumadin, Plavix, Iron as directed by your Primary Care Doctor, Cardiologist or Gastroenterologist.

3 DAYS BEFORE THE PROCEDURE

Stop fiber supplements such as Metamucil, Fibercon, etc.

THE DAY BEFORE THE PROCEDURE



You may have a light breakfast **BEFORE 9:00 AM**. You may have **ONE** of the following items; Toast **OR** Eggs **OR** Cereal

AFTER A LIGHT BREAKFAST YOU MAY HAVE NO SOLID FOODS. UNTIL YOUR EXAM YOU MUST BE ON A CLEAR LIQUID DIET. NO SOLID FOODS OR DAIRY PRODUCTS ALLOWED.

A clear liquid diet is necessary for a colonoscopy. A complete cleansing of the entire bowel is essential for effective results, so that there will be no need for retesting.

Your Clear Liquid diet options for the day before your procedure:

Tea and Coffee	Clear Juices	Powdered Lemonade	Water/ Vitamin Water	Carbonated Beverages
	Such as apple or white grape juice 			
NO DAIRY	NO PULP NO RED, ORANGE OR PURPLE	NO PULP	NO RED, ORANGE OR PURPLE	

Sports Drinks	Popsicles	Jell-O	Broths/ Coconut Water	Honey/Sugar
	 WITHOUT MILK OR ADDED FRUIT			
NO RED, ORANGE OR PURPLE	NO RED, ORANGE OR PURPLE	NO RED, ORANGE OR PURPLE		

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It is very important to keep hydrated. Drink plenty of clear liquids while doing the prep (at least 8 ounces every hour)

1



TIME

1:00 PM the day before your procedure

Mix the two packets of Gatorade powder with 64 oz. of water and chill in the refrigerator.

2



TIME

3:00 PM the day before your procedure

Take four Bisacodyl tablets with at least 8 oz. of water.

** Total **Bisacodyl** tablets consumed is four. Dispose of remainder.*

3



TIME

5:00 PM the day before your procedure

Mix the **ENTIRE** bottle of PEG 3350 (Polyethylene Glycol 3350) with 64 oz. of chilled Gatorade.

4



TIME

5:00 PM the day before your procedure

Begin drinking, and drink **HALF OF THE MIXTURE (32 oz.)** Drink an 8 oz. glass of the solution every 15 minutes **until gone**.

Drink an **additional 16 oz. of CLEAR liquids** through the rest of the evening.

Diarrhea usually begins within an hour or two, but may vary. You may notice some bloating or cramping at the beginning, but this will improve once the diarrhea begins. Diarrhea usually continues for 1-2 hours **after** completing the PEG 3350 (Polyethylene Glycol 3350). Stay close to a bathroom once you start the prep. You may use non-alcohol wipes to cleanse after each bowel movement, and a barrier cream such as A & D ointment® for chaffing.

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THE MORNING OF THE PROCEDURE

5



TIME

6:00 AM the day of your procedure

Drink the **OTHER HALF OF THE MIXTURE (32 oz.)**

Drink an 8 oz. glass of the solution every 15 minutes **until gone.**

THE DAY OF THE PROCEDURE



NOTHING BY MOUTH two hour prior to your procedure, this includes gum and mints.

After completing the last half of the mixture, you may HAVE NO MORE than an additional 6 OZ. OF CLEAR LIQUIDS until the two hours prior to your scheduled procedure.

- You should take any blood pressure and heart medications the morning of the procedure with only a small sip of water.
- You may brush your teeth.
- Please don't forget to bring your completed paper work, insurance cards, copayment or any deductible due at time of service.

YOU MUST BE ACCOMPANIED BY A FRIEND OR RELATIVE TO DRIVE YOU HOME. THEY MUST CHECK IN WITH YOU. YOU MAY NOT DRIVE, OR GO HOME BY TAXI OR BUS. IF YOU DO NOT HAVE A DRIVER, YOUR PROCEDURE MAY BE CANCELLED.