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## **GATORADE/MIRALAX COLONOSCOPY PREP INSTRUCTIONS**

### **TWO WEEKS BEFORE COLONOSCOPY:**

- Stop herbal and weight loss pills

### **ONE WEEK BEFORE COLONOSCOPY:**

1) Please purchase the following items from your pharmacy (all are over the counter products):

- Dulcolax Laxative Tablets 4 tablets, or similar store brand
- One Miralax 238 gram bottle
- One 64 ounce bottle of Gatorade or Powerade Zero (no sugar), not red or purple

2) Please stop the following medications:

- |             |                                      |
|-------------|--------------------------------------|
| 1. COUMADIN | 5. Vitamins                          |
| 2. Plavix   | 6. Lovenox                           |
| 3. Aspirin  | 7. Stop over the counter medications |
| 4. Fish Oil | including ALL HERBAL MEDS.           |

\*\*\*Tylenol is allowed\*\*\*

3) On the day of your procedure, someone must accompany you to the surgery center or hospital.

4) If you have a colostomy please bring an extra stoma bag. If you are a diabetic, please check with your physician regarding insulin and oral diabetic medication regimen.

5) If you require antibiotics before going to the dentist for a heart murmur, valvular disease or joint replacement, **please inform us.**

### **ONE DAY BEFORE COLONOSCOPY:**

1) Please STOP taking METFORMIN (medication prescribed usually for diabetes)

2) You will start drinking, CLEAR LIQUIDS all day long. You may have hard candy. NO SOLID FOOD. Clear Liquids are: Black Coffee, Tea, Soda, Apple Juice, Gatorade, Fruit Popsicles, Jell-O, and Broth. (NOTHING RED OR PURPLE IN COLOR AND NO PULP IN JUICE OR POPSICLES!)



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3) In the morning, mix the Miralax with the 64 ounces of Gatorade, shake well and refrigerate.

4) At 300PM take 2 Dulcolax tablets with water.

5) At 500PM complete steps A and B below:

A) Start drinking the Miralax solution, until 1/2 the liquid is gone (four 8oz glasses). Drink one 8oz glass every ten minutes until 1/2 the solution is finished. Try to drink the solution quickly (ice and a straw may be helpful.)

B) Return remainder to refrigerator and maintain a CLEAR LIQUID diet until bedtime.

6) At 700PM take 2 Dulcolax tablets.

7) At 1000PM complete steps A and B below:

A) Drink the remaining Miralax solution, four 8oz glasses.

B) Drink at least 3 additional glasses of clear liquid before bedtime.

8) Nothing to eat or drink after Midnight.

\*\*\*If you experience severe pain or vomiting with the preparation, **please call 832-942-8350**\*\*\*

#### **DAY OF COLONOSCOPY:**

- Nothing to eat or drink in the morning, report to facility at the time given.
- Patient may take heart, lung, blood pressure, or seizure medicine with sip of water per regular routine prior to surgery. PLEASE LET THE NURSE THAT CHECKS YOU IN AT SURGERY KNOW WHICH MEDICINE YOU TOOK THAT MORNING.

#### **AFTER THE COLONOSCOPY:**

#### **YOU NEED TO HAVE SOMEONE DRIVE YOU HOME!**

- Someone should stay with you **at least 6 hours after discharge** from the hospital. On the day of the surgery you should not drive, use heavy machinery, or sign legal documents.

All Insurance will be called by scheduling to ensure date of activation and obtain prior authorization (if required). For specific benefit information, including deductible, out of pocket, co-pay, or any other questions regarding insurance coverage, you should call the Customer Service Number on the back of your insurance card. Thank you.