

Miralax-Gatorade Bowel Preparation Instructions

Bowel preparation before a colonoscopy actually starts days before, when you should stop taking certain medications or supplements. You need to follow your provider's instructions on using MiraLAX and Gatorade.

Buy your bowel preparation at least **five days** before your colonoscopy. Purchase:

- Six Dulcolax® laxative tablets containing 5mg of bisacodyl each (**NOT** Dulcolax stool softener).
- One 8.3-ounce bottle of MiraLAX® (238 grams) or generic equivalent.
- Two 32-ounce bottles of Gatorade®. (NOT red, purple or green).
- **People with diabetes should use Gatorade G2®.** (NOT red, purple or green).

Medications

If you take insulin, medications for diabetes or blood thinners, you **must** call the doctor who orders those medications for instructions on altering the dosage before your colonoscopy. Blood thinners include Coumadin® (warfarin); Plavix®(clopidogrel); Ticlid® (ticlopidine hydrochloride); Agrylin® (anagrelide); Xarelto® (rivaroxaban); Pradaxa® (dabigatran); Eliquis® (apixaban); and Effient® (Prasugrel).

Five days before your colonoscopy

- Do **NOT** take medicines that stop diarrhea, such as loperamide (Imodium®) or bismuth subsalicylate (Kaopectate®, Pepto-Bismol®).
- Do **NOT** take fiber supplements, such as Metamucil®, Citrucel®, or BeneFiber®.
- Do **NOT** take products that contain iron, such as multivitamins (the label lists what is in the products).
- Do **NOT** take Vitamin E.

Three days before your colonoscopy

- STOP eating high-fiber foods, such as popcorn, beans, seeds (flax, sunflower, quinoa), multigrain bread, nuts, salad/vegetables, or fresh and dried fruit.

One day before your colonoscopy

- **You may have a small breakfast as instructed, then begin the clear liquid diet. Do NOT eat any solid foods after breakfast.** Drink at least **8 ounces** of clear liquids every hour after waking up.

Clear Liquids**(No Red, Purple or Green Liquids)****DO NOT DRINK**

Gatorade®, Pedialyte® or Powerade®

Alcohol

Clear broth or bouillon

Milk or non-dairy creamer

Coffee or tea (no milk or non-dairy creamer)

Noodles or vegetables in soup

Carbonated and non-carbonated soft drinks

Juice with pulp

Kool-Aid® or other fruit-flavored drinks

Liquid you cannot see through

Strained fruit juices (no pulp)

Jell-O®, Popsicles®, hard candy

Water

The bowel preparation solution will be consumed in two parts.

Mix 1/2 of MiraLAX bottle (119 grams) in each 32-ounce Gatorade bottle until dissolved. Keep cool in the refrigerator. DO NOT ADD ICE.

Part 1**At 5:00 PM on the evening before your colonoscopy**

- Take 4 Dulcolax tablets

At 6:00 PM on the evening before your colonoscopy:

- Drink 32 ounces of the mixed solution by drinking an 8-ounce glass of bowel preparation every 15 minutes for a total of four glasses.
- Fifteen minutes later, drink an 8-ounce glass of clear liquid every 15 minutes for a total of two glasses.
- You may continue to drink clear liquids until midnight.

Part 2**On the day of your procedure, Five hours before your colonoscopy (or 4 hours before your arrival time):**

- Take 2 Dulcolax Tablets
- Take the other 32-ounce bottle of mixed solution and drink an 8-ounce glass of bowel prep every 15 minutes for a total of four glasses.
- Fifteen minutes later, drink an 8-ounce glass of clear liquids every 15 minutes for a total of two glasses.
- You may continue to drink clear liquids up to two hours before your exam.