

MiraLAX-Gatorade Preparation

To ensure a successful exam, please follow all instructions carefully.

PURCHASE THE FOLLOWING SUPPLIES AT YOUR LOCAL PHARMACY:

- 4 Dulcolax laxative tablets containing 5 mg of bisacodyl each (NOT Dulcolax stool softener)
- 1- 8.3 oz. bottle MiraLAX (238 grams)-may substitute 2-10oz bottles of Magnesium Citrate (NOT red)
- 64 oz. clear liquid (NOT red). Gatorade, G2, Gatorade Ice, Powerade or Powerade Zero are acceptable

1 DAY BEFORE YOUR COLONOSCOPY:

Clear liquids only the day before your colonoscopy. Drink at least 8 glasses of water during the day to avoid dehydration. At **10am**, take 4 Dulcolax tablets. Mix 64 oz. liquid with 8.3 oz. MiraLAX and place in the refrigerator (DO NOT ADD ICE). At **1pm**, drink one 8 oz. glass of the MiraLAX/Gatorade solution and continue drinking one 8 oz. glass every 15 minutes thereafter until the mixture is gone.

Clear Liquid Examples:

- Gatorade, Pedialyte, Powerade
- Clear broth or bouillon
- Coffee or tea (no milk or non-dairy creamer)
- Carbonated & non-carbonated soft drinks
- soup
- Kool-Aid or other fruit-flavored drinks
- Strained fruit juices (no pulp) through
- Jell-O, Popsicles, Hard Candy

Avoid:

- * No red or purple items
- * No alcohol
- * No milk or non-dairy creamers
- * No noodles or vegetables in
- * No juice with pulp
- * No liquid you cannot see

DAY OF YOUR COLONOSCOPY:

***Nothing to eat or drink after midnight.** You may take all of your morning medications as usual with 4oz. of water up to 3-4 hours before your procedure.

***No smoking or tobacco products the day of your procedure.**

****If you take a diabetic medication (oral or injection) or blood thinner, please notify your doctor prior to scheduling as some medications need to be stopped ahead of time. ****

**** If you need to reschedule your procedure at EAMC, call 334-528-1215 option 3.**

**** If you need to reschedule your procedure at EAMC ASC, call 334-364-3200.**

**** You will need a driver to be with you the ENTIRE TIME and take you home after the procedure. ****

**** If you have any questions, please call **Surgical Clinic, PC** at (334) 745-6271. ****