

Miralax[®] / Gatorade[®] Colonoscopy Prep

Refer to this instruction sheet for the entire week before your colonoscopy.

Colonoscopy prep instructions are extremely important for a successful colonoscopy. If you do not follow the instructions precisely, your bowels may not be ready for the procedure and you will need to repeat the procedure.

Planning for Your Colonoscopy

Please read as soon as you receive this information and check off each box to indicate that you understand each item.

- You must do a bowel prep.** If you have not received a bowel prep, call the office at 616.252.5775.
- What is the name of your prep?**
We recommend that you buy your prep at least 1 week before your procedure.
- You must have a responsible adult with you at the procedure.**
 - Be sure to follow your prep instructions and to bring a responsible adult driver with you. Your driver should expect to stay throughout the duration of your procedure.
 - Your entire stay may take up to 3 hours. Please tell your driver that they must remain at the colonoscopy appointment during your entire visit.
- If you have diabetes**
People with diabetes have special diet and medications instructions. Call the doctor who manages this for you for your special diet and medication instructions.
- If you need to reschedule**
Call 616.252.5775

What supplies do I need to prepare in advance?

Obtain the following supplies at your local pharmacy:

- Two Dulcolax[®] (bisacodyl) (laxative tablets) – each tablet contains 5 mg of bisacodyl (Do **Not** get Dulcolax stool softener).
- One bottle of Miralax[®] (8.3 ounces or 238 grtams each)
- Two bottles of clear liquid (32 ounces each): Gatorade[®], G2[®], Gatorade Ice[®], Powerade[®] or Powerade Zero[®].

Timeline of the Colonoscopy Preparation

How will I determine my colonoscopy prep schedule?

The timeline table below will help you determine which day of the week to start your preparation.

Use a highlighter or circle the correct row to determine which day you will start the prep. **The prep process will begin at the start of the day.**

If you reschedule your appointment, you **must** redo the timeline table to match your new date.

My Appointment Is: _____
(Date/Day/Time)

Timeline Table

My Appointment is on a:	7 days before my appointment is a:	3 days before my appointment is a:	1 day before my appointment is a:
Monday	Monday	Friday	Sunday
Tuesday	Tuesday	Saturday	Monday
Wednesday	Wednesday	Sunday	Tuesday
Thursday	Thursday	Monday	Wednesday
Friday	Friday	Tuesday	Thursday

7 days before your colonoscopy **Day/Time:** _____
Fill in the day according to the timeline table

- **Do not stop your aspirin.**
- If you take a blood thinner you will likely need to hold it for the procedure. Call the doctor who prescribes them to ensure it is safe to hold and get instructions on when to stop it. If you are unsure that you are taking blood thinners, please contact your doctor.
- Stop taking any iron supplements, such as ferrous sulfate or polysaccharide iron complex.

3 days before your colonoscopy **Day/Time:** _____
Fill in the day according to the timeline table

- Stop eating popcorn, corn, beans, nuts, fruits with small seeds, tomatoes and celery.

The day before your colonoscopy **Day/Time:** _____
Fill in the day according to the timeline table

- **No solid food from now until your procedure is done.** Begin a clear liquid diet (below). Drink at least 8 (240 ml) glasses of water or clear liquids during the day to avoid dehydration.
- At 12 noon, take 2 Dulcolax tablets. Mix 64 ounces of liquid with 8.3 ounces Miralax and place in the refrigerator. Do not add ice.

- **Between 5 and 6 pm:** Drink one 8-ounce glass of the Miralax/Gatorade solution and continue drinking one 8 ounce glass every 15 minutes thereafter until half the mixture (32 ounces) is gone. Set a timer for every 15 minutes to keep pace.
- Stay near a toilet, as you will have diarrhea

You may drink these clear liquids:

- Gatorade, Crystal Light® Lemonade, Pedialyte® or Powerade®
- Coffee or tea (black only)
- Carbonated or non-carbonated soda
- Fruit-flavored drinks
- Apple juice, white cranberry juice or white grape juice
- Jell-O® or popsicles
- Chicken, beef or vegetable broth

Do not drink these liquids:

- Alcohol
- Milk or non-dairy creamer
- Juice with pulp
- Any liquid you cannot see through
- Hard candy

Note: Nothing Red or Purple

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The day of your colonoscopy

**5 hours before arrival
for your colonoscopy**

Day/Time: _____

Fill in the day according to the timeline table

- You may have to wake up early
- Start drinking the final liter (32 ounces) of prep solution 5 hours before you need to leave for your procedure. Add an 8-ounce glass every 15 minutes
- Take your morning medications with a small amount of water 4 hours before your appointment time (unless you have been told otherwise). If you take diabetes medications follow your doctor's instructions

**4 hours before arrival
for your colonoscopy**

Day/Time: _____

Fill in the day according to the timeline table

- Stop everything by mouth, including all liquids, smoking and chewing gum

Important!

If you followed all of the instructions, your stool will be a clear or yellow liquid and you are ready for your colonoscopy. If your stool is formed, please call 616.252.5775 and reschedule your appointment.

Colon cleansing tips:

1. Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal.
2. Try drinking the solution with a straw. It may be easier to tolerate.
3. People rarely have nausea or vomiting with the prep. If this occurs, give yourself a 30 minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
4. You may have bowel cramps until the stool has flushed from your colon (this may take 2 to 4 hours and sometimes much longer).

Anal skin irritation or a hemorrhoid flare-up may occur. If this happens, treat it with over-the-counter remedies, such as hydrocortisone cream, baby wipes, Vaseline[®], or TUCKS[®] pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories.