

COLONOSCOPY PREPARATION USING MIRALAX, GATORADE, & BISACODYL

Follow the steps below to make sure that your colon is completely clean before your colonoscopy. Call the office if you have questions.

Read Immediately:

- At the pharmacy, purchase two *DULCOLAX® (bisacodyl)* 5 mg tablets, Miralax (8.3oz, 238 grams), and 64 ounces of Gatorade (Avoid Red and Purple colored Gatorade). **Diabetics should purchase G2 (A low calorie Gatorade).** No prescription is necessary for *DULCOLAX® (bisacodyl)* or Miralax.
- For the three days before your Colonoscopy, please avoid: fruits, vegetables, and other foods containing seeds.
- One day before your colonoscopy, solid foods, milk or milk products are not allowed. Drink only “clear liquids” for breakfast, lunch and dinner. Please avoid any red or purple colored liquids.

“CLEAR LIQUIDS” include:

- strained fruit juices without pulp (apple, white grape, lemonade)
- water, tea, coffee (without milk or non-dairy creamer)
- clear broth or chicken, beef or vegetable bouillon
- Kool-Aid®, Gatorade®, soda (e.g. Pepsi®, Coke®, 7-UP®) carbonated and non-carbonated soft drinks
- Plain Jell-O® (without added fruits or toppings), Ice Popsicles®
- Boost Breeze® or Enlive!® (nutritional juice drinks with 160 and 300 calories per serving respectively)

Alcohol is NOT recommended since it may cause dehydration.

The morning of the day before your procedure:

On the morning of the day before your colonoscopy, mix the bottle of Miralax (238 grams) with the 64 ounces of Gatorade in a pitcher or bowl. (Place in refrigerator for best taste)

At Noon on the day before your procedure, take a total of 10 mg of bisacodyl. (This will probably induce some bowel movements in the early afternoon.)

Follow the remainder of the instructions depending on the arrival time of your Colonoscopy.

IF YOUR ARRIVAL TIME IS BEFORE 10 AM:

On the evening prior to your procedure, between 6:00pm and 7:00pm, drink the Miralax-in-Gatorade solution.

Consume 8 ounces every 10 to 15 minutes until you have finished the entire solution. (If you become nauseated, try consuming 8 ounces every 20 minutes or take a break for 30 minutes and then resume.)

You must drink the entire Miralax-in-Gatorade solution, and you must do so over no more than 3 hours.

IF YOUR ARRIVAL TIME IS AFTER 10 AM:

On the evening prior to your colonoscopy, between 7:00pm-8:00pm, drink half of the Miralax-in-Gatorade solution (32 ounces). Consume 8 ounces every 10 to 15 minutes until you have finished all 32 ounces. (Half of the entire prep) If you become nauseated, try consuming 8 ounces every 20 minutes or take a break for 30 minutes and then resume.

On the morning of your colonoscopy, at least five hours prior to your arrival time, drink the remaining half of the Miralax-in-Gatorade solution (32 ounces). Please follow the same regimen of consumption as the evening before.

You must drink the entire Miralax-in-Gatorade solution. You must drink each half over no more than 2 hours at a time.

***MIRALAX®* and *DULCOLAX® (bisacodyl)* are powerful colon cleansers. Stay near a bathroom after taking.

You may have clear liquids from the list above in any amount up to 3 hours before you arrive for your colonoscopy. You may not take anything by mouth for three hours before your arrival time.