



Gatorade/Miralax Prep for Colonoscopy Instructions for Colonoscopy

Name : _____

Your procedure is scheduled on: _____ at _____ Report to Office / Hospital SDS at _____

A few days before Your Procedure:

- Buy these medications at your drug store or supermarket (Dulcolax 4 tablets, Miralax 1bottle 225 grams, Colorless or lemonade Gatorade—64 OZ bottle). These are available as OTC meds in the drug section of supermarket or the drug store
- START a low residue diet - DO NOT eat nuts, leafy vegetables, seeds, popcorn, or corn
- STOP fiber supplements: Metamucil, Citrucel, Fibercon, etc.
- STOP taking iron pills or medications that can cause bleeding. These include, Alka Seltzer, ibuprofen, Advil, etc. You would have been advised about this at your visit.
- If you are on Coumadin or Plavix please let us know and we will give you specific instructions when to stop these drugs.

One Day before Your Procedure:

- Eat/Drink only clear liquids today (clear liquids are clear sodas like Ginger Ale, clear Gatorade or 7Up
- At 3 p.m., take four (4) Dulcolax tablets
- At 7 p.m., mix the 255-gram bottle of Miralax with 64 ounces of cold "clear" Gatorade. DO NOT BUY Red colored Gatorade. Shake the solution to mix thoroughly. Drink an 8-ounce glass every 10 minutes until the solution is finished. This is a bowel cleansing prep and should cause you to have some bloating and lot of diarrhea. You may continue clear fluids until bedtime.

DO NOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT, EXCEPT YOUR MEDICATIONS. REMEMBER TO TAKE YOUR BLOOD PRESSURE PILLS AS USUAL

On the Day of the Procedure:

- If you take blood pressure or heart medicine you may take it with a sip of water.
- Arrive at the scheduled time (Someone from the office will call you to remind you the day before your test.) You can call us at (803) 539-2005 if you want to change the time. **Changes made on the day of procedure or "No Show" will be subject to a charge to cover the staffing costs.** Any questions email us through www.drmurali.com.
- **No Driving:** You will be given sedation medicine for this procedure and you must have someone with you to drive you home. We cannot sedate you if you come driving yourself.
- **Clear Liquid Diet:** Clear colorless sodas, Clear Gatorade. **DO NOT DRINK or EAT ANYTHING THAT IS RED COLORED**