

GASTROENTEROLOGY CONSULTANTS, P.C.

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Gatorade-Miralax PREPARATION INSTRUCTIONS FOR COLONOSCOPY

Patient's Name _____ Date of Procedure _____

Procedure Start time _____ Arrival Time: _____

Place: Georgia Endoscopy Center
3330 Preston Ridge Rd., Ste 200, Alpharetta, GA

Purchase at Pharmacy:

- 4 Dulcolax LAXATIVE tablets (not the stool softeners)
- 238 gram (8.3 ounces) bottle of Miralax
- 64-oz. bottle of Gatorade or Powerade (NO red or purple)

Please try to lighten up your eating habits 2-3 days prior to your prep day (day before your procedure) and avoid constipating foods such as red meats, corn etc. If you regularly take laxatives for constipation, please take an extra dose **TWO days before** the scheduled procedure date.

DAY BEFORE YOUR PROCEDURE:

- **NO SOLID FOODS ALL DAY. Drink clear liquids throughout the ENTIRE day.**
Very important to stay hydrated throughout the day. See clear liquid suggestions below.
Between 8:00 and 10:00 a.m., drink 20 oz. bottle of ISOPURE protein drink, any color but red (This is only a recommendation, not required. Drink 20 oz. of any clear liquid if not Isopure)
Between 10:00 a.m. and 12:00 p.m., drink a minimum of 20 oz. of any clear liquids
Between 12:00 and 4:00 p.m., drink a minimum of 32 oz. of any clear liquids or another bottle of Isopure.
 - **At 3:00 p.m.** ~ take 2 Dulcolax laxative tablets.
 - **At 4:00 PM** ~ Mix the **ENTIRE** 238-gram bottle of MiraLax in 64-oz. of Gatorade/Powerade.
Pour powder slowly to avoid overflow (You may have to drink a few sips of before mixing).
Shake bottle until the MiraLax is dissolved, and drink an 8oz glass of the mixture every five to ten minutes (maximum of 15 minutes) until the solution is completed. You must drink this as directed for proper clean out. Continue to drink clear liquids throughout the evening.
 - **At 7:00 PM** ~ Take the last 2 Dulcolax tablets. Drink a minimum of 20 ounces clear liquids before bed.
- EXPECT MANY BOWEL MOVEMENTS TO FOLLOW.**
DO NOT EAT OR DRINK THE MORNING OF PROCEDURE.

CLEAR LIQUIDS ALLOWED: Water, Soda, Gatorade, clear fruit juice (apple or white grape), Broth based strained soups, bouillon, broth, jello (no fruit), popsicles, Italian ice. Coffee & Tea are Allowed with sugar, but **NO MILK OR CREAMER. NO LIQUIDS WITH RED DYES.**

MEDICATIONS: The day **BEFORE** the procedure, take your meds as you normally do. The day **OF** the Procedure, we recommend taking your meds **AFTER** the procedure. Exception: If you are on blood pressure meds, please go ahead & take that medication as early as possible the morning of the procedure with a small amount of water if you generally take in the mornings.

YOU WILL BE SEDATED AND WILL NOT BE ABLE TO DRIVE AFTER YOUR EXAM.

BE SURE SOMEONE IS WITH YOU TO DRIVE YOU HOME.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL OUR OFFICE AT (770) 442-5882.