

GASTROENTEROLOGY CONSULTANTS, P.C.

M. Thomas Riddick, M.D. (770) 442-5882

Gatorade-Miralax PREPARATION INSTRUCTIONS FOR COLONOSCOPY

Patient's Name _____ Date of Procedure _____

Procedure Start time _____ Arrival Time: _____

Place: Georgia Endoscopy Center (Directions on Back)
3330 Preston Ridge Rd., Ste 200, Alpharetta, GA 30005

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)

This prep is to only be used if your prescription is NON-covered by your insurance carrier. 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:

- Drink only **CLEAR LIQUIDS** for breakfast, lunch & dinner. **NO SOLID FOODS ALL DAY.**
- 3:00 PM ~ Take 2 Dulcolax tablets
- 5:00 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.
- 8:00 PM ~ Take the last 2 Dulcolax tablets. Continue drinking clear fluids until bedtime.
- **EXPECT MANY BOWEL MOVEMENTS TO FOLLOW.**
- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.**

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.