

Colonoscopy/Colon Surgery Preparation with Miralax / Gatorade

Preparation

Purchase at the Pharmacy/Grocery Store

- Miralax, 238g bottle (over the counter)
- Dulcolax, 4 tablets (over the counter)
- Gatorade, or Powerade, or equivalent, 64oz bottle
- Clear liquids (see list below)

One Week Prior to the Procedure

If you take aspirin or NSAIDS such as Advil, Motrin, Celebrex or Ibuprofen, you may continue to take them as usual until about 5-7 days before your procedure unless otherwise instructed by your physician. Ask your doctor for specific instructions if you take a blood thinner like Plavix, Pradaxa, Clopidogrel, Coumadin, Warfarin, Effient, Prasugrel or Lovenox.

TYLENOL and other brands which contain ACETAMINOPHEN are safe to use prior to this procedure.

One Day before the procedure

Have a **clear** liquid diet throughout the day. Avoid liquids that are red or purple such as red grape or cranberry juice. Avoid dairy products and juices with pulp such as orange or grapefruit juice.

Soups: Clear broth or consommé.

Sports drinks: Gatorade, PowerAde, Propel, Pedialyte.

Juices: white cranberry, white grape, apple, limeade, strained lemonade

Beverages: tea, coffee, kool-aid, carbonated beverages, Boost Breeze, water, coffee without milk or creamer.

Desserts: water ices, Italian ices, popsicles, Jell-O, hard candy.

It is important that you drink as much fluid as you can throughout the day.

- At 5:00pm, take 4 Dulcolax tablets with a glass of water. Mix all of the 238g bottle of Miralax with the 64oz bottle of Gatorade/Powerade/equivalent in a pitcher and refrigerate.

- At 7:00pm, **Drink an 8 oz. glass every 10-15 minutes** until the solution is gone.

It usually takes about an hour to begin to notice the diarrhea affect. You may notice some bloating or cramping at the beginning of the prep, but this usually improves once the diarrhea begins. Occasionally, some may develop nausea with vomiting. The best remedy for this is to take a break from the Miralax for about an hour to allow it to move downstream, and then to resume drinking at a slower rate. It usually takes two hours to complete the entire volume, and diarrhea generally continues for about an hour or two after completing the prep. Many have found that drinking the prep through a straw and chilling the solution improves tolerance. **You may continue to drink clear liquids until four hours before your procedure**

Day of Procedure

DO NOT EAT OR DRINK ANYTHING FOUR HOURS BEFORE THE PROCEDURE! Your procedure may be cancelled if you do!

- You may take your morning medications with a small sip of water.

- Arrive at the Endoscopy Center/Hospital **ONE HOUR BEFORE (for colonoscopy) or TWO HOURS BEFORE (for surgery)** your scheduled procedure time.

- You may want to leave your valuables at home (jewelry, watches, etc)

- Bring your **medication list, driver's license, and insurance cards** to the Center.

- If you are not being admitted to the hospital after your procedure you **must** be accompanied by a friend or relative to drive you home if you plan on receiving anesthesia or

sedation. You **MAY NOT** drive, go home in a taxi, or by bus. If these instructions are followed, your procedure may be cancelled.

-Special Instructions:

_____ **Hold** morning dose of insulin the day of the procedure but bring your insulin to the facility.

_____ If you have an artificial heart valve, or have a previous history of endocarditis, joint replacement or other specific indication, your doctor may prescribe pre-procedure antibiotics.

Other _____

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Commonly asked Questions:

How do I know if my prep is adequate?

The stool should be watery in consistency. It does not have to be clear in color like water since digestive juices will continue to tint the stool yellow and small flecks of debris are not a problem as long as the stool is not muddy or thick. If there is any question, you can self administer a tap water or fleet enema prior to leaving home for the procedure.

What side effects may I expect?

Since the prep works by flooding the intestinal tract with fluid, abdominal bloating and cramping may occur, as well as some nausea and vomiting. This is usually temporary, and as the diarrhea develops, symptoms will gradually improve. Weakness can also occur, especially if you have not taken enough fluid with the prep, and can be remedied by increasing your fluid intake.

Will the prep interfere with my other medications?

Medications taken at least an hour before beginning the prep should be adequately absorbed, but thereafter, they are likely to be washed away by the prep.

Remember, stay close to the bathroom facilities and warn family members that the room belongs to you!!!

It is also worthwhile to get a supply of aloe wet wipes and Desitin ointment to ward off a sore bottom.

Good Luck!

Please call us if you have any questions at (480) 240-7391.