

## GATORADE® AND MIRALAX® PREP

### PREPARATION – Starts one (1) week prior to exam!

#### Purchase the following supplies

4 – bisacodyl tablets (Dulcolax® laxative NOT Dulcolax® stool softener)

1 – 8.3 ounce bottle of Miralax® or generic Polyethylene Glycol (PEG)

**64 ounces of Gatorade®** Regular Gatorade®, Gatorade G2®, PowerAde® or PowerAde Zero® are acceptable. It is also okay to buy two 2.12 ounce packets of powdered Gatorade that can be mixed with water to a total volume of 64 ounces of liquid. **(No red or purple colored flavors)**

1 – 10 ounce bottle Magnesium Citrate (lemon flavor)

**Zofran for anti-nausea, if prescribed for you** (follow directions provided with the prescription).

**If you must cancel or reschedule your appointment**, please call our office before 3:00 PM three (3) business days prior to your procedure to avoid cancellation fees.

**Transportation:** You must arrange for a ride for the day of your procedure with a responsible adult. If you fail to do so, your procedure will be cancelled and rescheduled.

#### **7 days before:**

- Read the section of the document called “IMPORTANT CONSIDERATIONS” regarding blood thinning agents.

#### **3 days before:**

- Start a Low-Fiber Diet. A low fiber diet helps make the colon cleansing more effective.
  - Examples of a low fiber diet include (but are not limited to): white bread, white rice, pasta, crackers, fish, chicken, eggs, ground beef, creamy peanut butter, cooked/steamed/boiled vegetables, canned fruit, bananas, melons, milk, plain yogurt, cheese, salad dressing and other condiments.
  - The following are not allowed on a low fiber diet: seeds, nuts, popcorn, bran, whole wheat, corn, quinoa, raw fruits and vegetables, berries and dried fruit, beans and lentils.

For additional details on following a low fiber diet, please see [www.colonrectal.org](http://www.colonrectal.org)

#### **2 days before:**

- Continue Low Fiber Diet
- Drink at least 8 glasses of water throughout the day
- Stop eating solid foods at **11:45 p.m.**

#### **1 day before:**

- **In the morning:** begin clear liquid diet (clear liquids include things you can see through).
  - Example of clear liquids include: water, tea (no milk or non-dairy creamer), clear broth or bouillon, Gatorade®, Powerade®, non-cola carbonated and non-carbonated soft drinks (Sprite®, 7-Up®, Ginger ale), strained fruit juices without pulp (apple, white grape, white cranberry), Jell-O® and popsicles.
  - The following are NOT allowed on a clear liquid diet: red or purple liquids, alcoholic beverages, coffee, dairy products, protein shakes, cream broths, applesauce, oatmeal, mashed potatoes, juice with pulp, chewing gum and chewing tobacco.

**1 day before (continued):**

- **At noon:** Take 4 bisacodyl (Dulcolax®) tablets
- **At 4:00 pm:** drink the Miralax-Gatorade preparation mixture
  - Mix 1 bottle of Miralax with 64 oz. of Gatorade in a large pitcher.
  - Drink 1 – 8 oz. glass of the Miralax/Gatorade solution
  - Continue drinking 1 – 8 oz. glass every 15 minutes thereafter until the mixture is gone.

**Colon Cleansing Tips:** Drink adequate amounts of fluid before and after your Miralax-Gatorade preparation to prevent dehydration. Stay near a bathroom because you will have diarrhea and may need to use the toilet frequently. Even if you are sitting on the toilet, continue to drink the Miralax-Gatorade preparation. Apply A + D® ointment or Vaseline® to the anus to prevent irritation if needed. If you feel nausea or are vomiting, rinse your mouth with water, take a 15 to 30 minute break and then continue drinking the solution again.

**Day of your procedure:**

- **Four (4) hours prior to your procedure:** drink the 10 oz. Magnesium Citrate
- **Three (3) hours prior to your procedure:**
  - STOP drinking all liquids
  - Do not take anything by mouth during this time.
  - Allow extra time to travel to your procedure as you may need to stop and use a bathroom along the way.