Miralax/Gatorade Split Dose Prep

**COLONOSCOPY DATE: ________________________________ FOR: ________________________________**

**Check In Time: __________________ Procedure Time: _____________ Pick-up Time: ________________**

☐ DO NOT take aspirin, Coumadin®, Warfarin®, Plavix®, Aleve®, Ibuprofen, Advil®, Motrin® and/or any arthritis medications ___________ days before your colonoscopy as these can thin your blood. Tylenol® is allowed.

☐ DO NOT take iron supplements or bulk agents like Metamucil® or Benefiber® for 2 days prior to your examination.

☐ PURCHASE one (1) bottle of MIRALAX® (238 GRAMS OR 8.3 OZ.) This is an over-the-counter product.

☐ PURCHASE one (1) 32 oz. bottle of GATORADE® — any flavor or color.

☐ ARRANGE for a drive to pick you up and transport you home. YOU MAY NOT TAKE A TAXI.

One Day Before Your Procedure: ________________________________

STAY ON A CLEAR LIQUID DIET FOR BREAKFAST, LUNCH, AND DINNER. NO SOLID FOODS!

You may have any or all of the following:

- Coffee or tea (NO milk or creamer), water, carbonated sodas, broth, bouillon, consomme, Snapple®, Crystal Light®, clear fruit juices (NO pulp), freeze pops (NO red color), Jell-O® (NO fruit, NO red color), apple juice, and cranberry juice.

- NO MILK, DAIRY PRODUCTS, RED JELL-O®, ORANGE JUICE, GRAPFRUIT JUICE OR PRUNE JUICE!

☐ 4:30 P.M. — Mix the entire bottle of Miralax® with a bottle of Gatorade. **NOTE: USE A LARGER CONTAINER TO MIX TOGETHER. IT WILL NOT FIT INTO A GATORADE BOTTLE.** Shake well and refrigerate.

☐ 5:00 P.M. — Drink an 8 oz. glass of the Gatorade mixture. IT IS IMPORTANT TO NOW DRINK 3 GLASSES (6 – 8 oz. each) OF CLEAR LIQUIDS FROM YOUR LIST ABOVE WITHIN THE NEXT HOUR.

☐ 6:00 P.M. — Drink an 8 oz. glass of the Gatorade mixture. IT IS IMPORTANT TO NOW DRINK 3 GLASSES (6 – 8 oz. each) OF CLEAR LIQUIDS FROM YOUR LIST ABOVE WITHIN THE NEXT HOUR.

☐ 9:00 P.M. — Take three (3) Ducolax® tablets with 8 oz. of a clear liquid from the list above.

The Day of Your Procedure: ________________________________

☐ Start Drinking the remainder of the Miralax prep 5 hrs before scheduled procedure time and complete drinking no later than 3 hours before scheduled time.

NOTHING BY MOUTH THREE (3) HOURS BEFORE YOUR PROCEDURE EXCEPT MEDICATIONS.

**PLEASE CALL OUR OFFICE AT 702-483-4483 WITH ANY QUESTIONS ABOUT PREP INSTRUCTIONS**