

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, consommé, 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) Docolax[®] 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****