

Gatorade / Miralax Prep for Colonoscopy

You need to buy the following over the counter (no prescriptions are needed):

- 1) **One 64 oz or two 32 oz bottles of Gatorade**, Propel, Crystal Lite or other noncarbonated clear liquid drink (no red/purple colors). If you have diabetes, you may use sugar-free Gatorade. Refrigerate if you prefer to drink it cold.
- 2) **6 Dulcolax laxative tablets** (not suppository or stool softener).
- 3) **Miralax 238 grams (8.3 ounces) powder** or generic polyethylene glycol 3350 (can find in laxative section)
- 4) **Infants' Mylicon Liquid one bottle** – ask pharmacist for substitute if this brand is not Available

One day before the colonoscopy: begin the colon prep as detailed below.

- 1) In the morning, in a pitcher mix the 8.3 oz of Miralax with the 64 oz of Gatorade and 3 milliliters (cc) of the Mylicon drops (this is equivalent to filling the dropper that is included- 4 times). Stir / shake the contents until entire contents of Miralax are completely dissolved. Chill if desired
- 2) At 1PM take 3 tablets of dulcolax laxative pill with water by mouth.
- 3) At 3 PM drink half the Gatorade / Miralax / Mylicon solution. Drink one 8ounce glass every 15 minutes. You may drink it directly or through a straw.
- 4) At 9 PM drink the other half of the solution. Again, drink one 8ounce glass every 15 minutes till finished with all of the solution.
- 5) At 10 PM take the other 3 tablets of dulcolax.

If your procedure is scheduled in the morning, you should have Nothing by mouth after midnight. If your procedure is scheduled in the afternoon, you are allowed to have clear liquids only before _____ the morning of your procedure, then nothing by mouth after this time.

Please do not wear any make-up, cologne, and perfume or aftershave day of procedure.

Someone will need to bring you to and from the procedure. You cannot drive yourself and NO TAXIS.

Date: _____ Arrive at: _____

____ Digestive Health Center of Bedford, 1600 Central Dr, Suite 300; 817.318.0235
____ Harris HEB Hospital, 1600 Hospital Parkway; 817.848.2778 (Check in at Main Admissions)

****If biopsies are taken, we will notify you of the results within 10 business days via phone or mail.****

****If you have any questions, please call Andrea at 817.267.8470, ext: 122**

You may be charged \$100 fee if you reschedule or cancel your procedure without a 2 day advance notice.

Colonoscopy Prep Instructions

On the day prior to the procedure:

LIQUID DIET ALL DAY LONG. ABSOLUTELY NO SOLID FOOD.

The more you drink the better.

Clear liquids include: black coffee/ tea with sugar or any type of sweetener, carbonated beverages-includes coke, diet coke, Dr Pepper, Sprite, apple and white grape juice, lemonade, limeade, beef, chicken, vegetable, or Bone broth, Ensure Clear, Protein Premiere Clear, Gatorade/Crystal Light/Sobe/Powerade, Jell-o and popsicles/sorbet.

Avoid Alcohol, anything Red or Purple, Solid Foods or Milk or Milk products.

***Protein drinks come in mixed berry/pomegranate flavors and are okay to drink despite color.**

****NO ILLICIT DRUG USE 24 hours prior to procedure****If you are on Ozempic or Mounjaro, you must stop these medications ONE WEEK prior to your procedure.**

4 days prior to the procedure, hold all blood thinners and non-steroidal anti-inflammatory medications:

Brilanta	Aggrenox	Arixtra
Coumadin	Persantine	Ticlid
Pradaxa	Fragmin	Argatroban
Dalteparin	Diclofenac	Difusinal
Ketoprofen		

It is OK to continue aspirin 81 mg or 325 mg daily.

If you are diabetic:

1. Do not take your oral medication on the day of your procedure.
2. If you take insulin, take ½ of your usual dose the day before the procedure and hold your insulin the day of your procedure.
3. If you have an insulin pump, call your prescribing physician for dose adjustments.

Day prior to Procedure: Take all routine medications as you normally would, unless otherwise instructed as above.

Day of Procedure- All patients: Take Thyroid, Heart, Blood Pressure, Anti-Seizure, Breathing and /or Transplant Medications with a small sip of water before coming to the procedure. When you return home, you may take all regular medications as usual.