



# COLONOSCOPY PRE-PROCEDURE INSTRUCTIONS

## *MiraLAX/Gatorade Prep*

### **5 Days Prior to Procedure**

We will contact your provider to see which prescriptions are safe for you to stop taking in preparation for your procedure, like blood thinners or antiplatelets (coumadin, aspirin, Eliquis, Plavix). Additionally, you should stop taking any over the counter medications or supplements that you are taking. This includes: anti-inflammatory medications (Aleve, Advil, Excedrin), Alka Seltzer, Iron, Vitamin E, Fish Oil, Flax Seed Oil, and Omega 3's.

### **1 Day Prior to Procedure**

1. Start breakfast with a clear liquid diet, and continue for the entire day.
2. Mix the 8.3 ounce bottle of MiraLAX with 64 ounces of Gatorade or other approved liquid. Shake the solution until the MiraLax is dissolved. Refrigerate to chill.
3. 12:00 p.m.—take 4 Dulcolax tablets. Continue drinking clear liquids.
4. 4:00 p.m.—Start drinking the MiraLax/Gatorade solution. Drink 32 ounces of the solution over the next 90 minutes. If you become nauseated, you may slow down the drinking. *This is a bowel cleansing prep, and it will cause you to have diarrhea.*
5. 10:00 p.m.—Drink the remaining 32 ounces of the solution over the next 90 minutes.
6. Continue your clear liquid diet until 2 hours before your scheduled arrival to the hospital. For example, if you are scheduled to arrive at the hospital at 8:00 a.m., you would stop intake at 6:00 a.m.

### **Day of Procedure**

1. If you are unable to complete your prep, or if your stool is not liquid, yellow to clear, and free of solid pieces, the doctor may cancel, reschedule or postpone your procedure.
2. Diabetic patients should check blood sugar, but hold morning insulin and diabetic medication.
3. Arrive at specified time given by the pre-op nurse.
4. You may not drive, or work for the entire day. You must be driven home by a responsible adult, who is age 18 or older.
5. *Plan on being at the hospital for about 3 hours.*

### **You will need:**

- *8.3 ounce bottle of MiraLax*
- *4 Dulcolax tablets (laxatives, not stool softeners)*
- *64 ounces of Gatorade, instant lemonade, crystal light, or fruit juice (no orange juice)*

# COLONOSCOPY/COLECTOMY PRE-PROCEDURE INSTRUCTIONS

## *Clear Liquid Diet*

*Clear liquid are anything you hold up to the window or light and you can see through it.*

- Water, plain, carbonated or flavored
- Fruit juices without pulp such as apple, white cranberry, peach juice, white grape juice (no red, purple or orange dye)
- Fruit flavored drink mixes, such as Country Time Lemonade or Crystal Light
- Carbonated drinks, including dark sodas, such as cola and root beer
- Gelatin without fruit
- Tea or coffee without milk, cream or nondairy creamer
- Sports drinks (no red, purple or orange)
- Clear, fat-free broth (chicken, bone, beef) and bouillon
- Popsicles (no red, purple or orange )
- Boost Breeze or Ensure Clear Nutritional Drink (diabetic options)

Orange Juice and Milk are NOT considered clear liquids.

Failure to follow a clear liquid diet may cause cancellation of procedure.