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Gatorade/Miralax Prep for Colonoscopy Instructions for Colonoscopy

Name _____

Your procedure is scheduled for _____.

One Week Before Your Procedure:

- Pick up prescriptions at your drug store
- Begin a low residue diet - DO NOT eat nuts, seeds, popcorn, or corn
- Discontinue fiber supplements: Metamucil, Citrucel, Fibercon, etc.
- Discontinue taking iron pills or medications that can cause bleeding. These include Coumadin, aspirin, Alka Seltzer, ibuprofen, Advil, etc.

One Day Before Your Procedure:

- Eat/Drink only clear liquids today
- At 3 p.m., take four (4) Dulcolax tablets
- At 5 p.m., mix the 255 gram bottle of Miralax with 64 ounces of cold Gatorade. Shake the solution to mix thoroughly. Drink an 8 ounce glass every 10-15 minutes until the solution is gone. This is a bowel cleansing prep and should cause you to have diarrhea. You may continue clear fluids until bedtime.

DO NOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT

On the Day of the Procedure:

- If you take blood pressure or heart medicine you may take it with a sip of water. If you take insulin, take one-half ($\frac{1}{2}$) of your usual morning dose.
- Arrive at the scheduled time. (Someone from the hospital will call you the day before your test to notify you of your arrival time.) You may call them at 870-262-6250. Please do not call our office regarding the time of your procedure. We do not have any control over it.
- **No Driving:** You will be given sedation medicine for this procedure and you must have someone with you to drive you home.
- **Clear Liquid Diet:** Broth, bouillon, tea, coffee (no milk or cream), sodas, apple juice, popsicles, jello-O, etc.