

Miralax and Gatorade Colonoscopy Preparation Instructions



These instructions are intended to make sure that your procedure goes as smoothly as possible. Please read through the entirety of this preparation sheet at least 5 days before your procedure and follow the instructions carefully. If your colon is not completely empty and clean, your doctor may miss important findings and your procedure may have to be repeated.

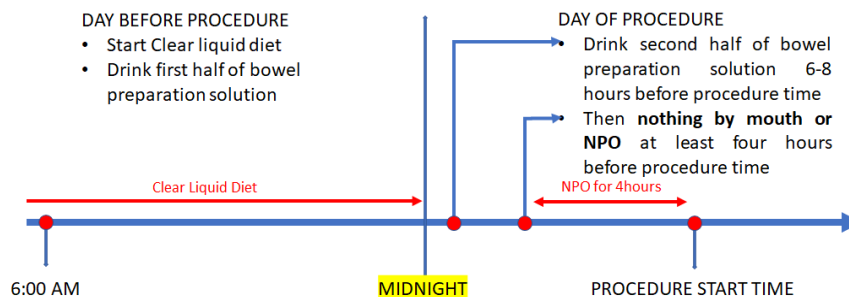


PROCEDURE DATE AND TIME:	QUESTIONS	LOCATION OF PROCEDURE
_____	<input type="checkbox"/> McAuley Office 405-749-4247 <input type="checkbox"/> IBD - McAuley Office 405-752-3900 <input type="checkbox"/> Edmond Office 405-340-4937	<input type="checkbox"/> Mercy Hospital Admitting 4300 W. Memorial Rd. OKC, OK 73120 <input type="checkbox"/> Mercy Outpatient Surgery Center - Edmond I-35 North Building, North Entrance 2017 W. I-35 Frontage Rd. Edmond, OK 73013
ARRIVAL time is: _____		

IMPORTANT REMINDERS:

- You MUST bring someone 18 years or older to stay during the procedure and to drive you home. Otherwise, the procedure will not be done.
- Stop taking iron supplements and diet pills 5 days before your procedure.
- AVOID ALL NUTS, CORN, POPCORN, SEEDS OR ANYTHING THAT HAS A HUSK FOR FIVE DAYS PRIOR TO PROCEDURE**
- AVOID ALEVE, IBUPROFEN AND ANY OTHER ANTI-INFLAMMATORY FOR FIVE DAYS BEFORE YOUR PROCEDURE. TYLENOL IS OKAY.**
- Medications:**
 - Take all your medications as usual (including blood pressure meds) the day before and the day of your colonoscopy except for the following:
 - For Diabetics:
 - If you are on insulin, take only half of your morning dose the day of your colonoscopy
 - Do not take diabetes pills the morning of your colonoscopy.
 - IF YOU ARE TAKING BLOOD THINNERS SUCH AS PLAVIX, WARFARIN, ELIQUIS, XARELTO, ETC, PLEASE CONTACT OUR OFFICE FOR DIRECTION ON HOW LONG TO HOLD BEFORE PROCEDURE. YOU DO NOT NEED TO STOP LOW DOSE ASPIRIN (325 MG AND LESS).**

TIMELINE OF BOWEL PREPARATION: Please refer to table below for detailed instructions





DARK AND MURKY
NOT OK



BROWN AND MURKY
NOT OK



DARK ORANGE AND SEMI-CLEAR
NOT OK



LIGHT ORANGE AND MOSTLY CLEAR
ALMOST THERE!



YELLOW AND CLEAR, LIKE URINE
YOU'RE READY!

Expected Stool Color
Changes During Bowel
Preparation

You will need to purchase:

1. Four Dulcolax® laxative tablets containing 5 mg of bisacodyl each (NOT Dulcolax stool softener).
2. One 8.3-ounce bottle of MiraLAX® (238 grams) or generic equivalent.
3. Two 32-ounce bottles of Gatorade®. (NOT RED).
4. People with diabetes should use Gatorade G2®. (NOT RED or PURPLE)

Start a clear liquid diet morning of: _____

Remain on clear liquid diet until time of **NOTHING BY MOUTH** listed below

**** ABSOLUTELY NO SOLID FOOD!**

NO DAIRY PRODUCTS ** NO RED OR PURPLE** NO ALCOHOLIC BEVERAGES.**

Please see the list below regarding what liquids are allowed:

- Water, clear sparkling water, sprite, 7-up, Ginger Ale, Mountain Dew, Fresca, Club soda
- Powered or bottled sports drinks: Crystal light, Gatorade, Powerade (NO RED OR PURPLE)
- Clear Juices (NO PULP): Apple, white grape, lemonade
- Popsicles, Jell-o, Hard Candies - NO RED OR PURPLE
- Clear broth or bouillon (chicken or beef)
- Coffee and tea (NO MILK OR CREAMER OF ANY KIND)

The day before your procedure on: _____

- Mix 1/2 of MiraLAX bottle (119 grams) in one 32-ounce Gatorade bottle until dissolved. Keep cool in the refrigerator. DO NOT ADD ICE
- At 5 p.m. take four Dulcolax tablets
- At 6 p.m. Drink 32 ounces of the mixed solution by drinking an 8-ounce glass of bowel preparation every 15 minutes for a total of four glasses.
- Fifteen minutes later, drink an 8-ounce glass of clear liquid every 15 minutes for a total of two glasses.

The day of your procedure on: _____

- Mix the second 1/2 of MiraLAX bottle (119 grams) in one 32-ounce Gatorade bottle until dissolved. Keep cool in the refrigerator. DO NOT ADD ICE
- Drink 32 ounces of the mixed solution by drinking an 8-ounce glass of bowel preparation every 15 minutes for a total of four glasses.
- Fifteen minutes later, drink an 8-ounce glass of clear liquids every 15 minutes for a total of two glasses

NOTHING BY MOUTH STARTING AT:

FOUR HOURS BEFORE PROCEDURE TIME

(Absolutely nothing by mouth - including gum, hard candy, tobacco, water)