

**COLONOSCOPY-INSTRUCTIONS  
GATORADE/PEDIALYTE MIRALAX PREP**

PLACE OF PROCEDURE: \_\_\_\_\_ DATE OF PROCEDURE: \_\_\_\_\_  
ARRIVAL TIME: \_\_\_\_\_

**(Please note the Facility will confirm your appointment, the arrival time may be adjusted)**

**FIVE DAYS PRIOR TO YOUR SCHEDULED PROCEDURE:**

- Stop taking ADVIL, MOTRIN, CELEBREX, PLAVIX, COUMADIN, IRON, VITAMIN E, FISH OIL/OTHER OIL-BASED SUPPLEMENTS, AND MULTIVITAMIN.

**TWO WEEKS PRIOR TO YOUR SCHEDULED PROCEDURE STOP TAKING ALL DIETARY SUPPLEMENTS (DOES NOT INCLUDE ENSURE, BOOST, ETC) OR YOUR PROCEDURE WILL BE CANCELLED.**

**TWO DAYS BEFORE YOUR PROCEDURE \_\_\_\_\_**

Start a CLEAR LIQUID DIET as soon as you wake up. (Clear liquids listed on the back).

Do not drink anything colored RED, PURPLE, or ALCOHOL.

At **5pm** Start a double dose of Miralax with 4 oz. of Gatorade/Pedialyte. Keep drinking clear liquids but nothing past midnight.

**DAY BEFORE YOUR PROCEDURE \_\_\_\_\_**

Start a CLEAR LIQUID DIET as soon as you wake up. (Clear liquids listed on the back).

At **5 PM** Start **MIRALX** PREP: Mix 2 capfuls with 8 oz. of Gatorade/Pedialyte (white or yellow) only and take EVERY HOUR for FOUR doses or until your bowels look like apple juice. Continue drinking clear liquids or Gatorade/Pedialyte until midnight.

**\*\*Especially if diabetic and/or constipated: Use Pedialyte instead of water to avoid inadequate preparation and hypoglycemia.**

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**THE DAY OF YOUR PROCEDURE \_\_\_\_\_**

- Bring your morning medications with you and take them after the procedure.
- If on insulin, take ½ the normal dose. Hold oral diabetic meds till after procedure.

**YOU MUST HAVE SOMEONE DRIVE YOU HOME, AS YOU WILL BE SEDATED FOR YOUR PROCEDURE.**

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. NO RED or PURPLE LIQUIDS should be consumed.

CLEAR LIQUIDS:

- Water (Plain or flavored), tea and coffee (*no milk, no creamer or other dairy*)
- Clear chicken broth and consommé
- Apple juice and white grape juice
- Lemonade and limeade (*no pulp*)
- Sprite, 7-up and ginger ale
- Gatorade, Powerade and Kool-Aid (*no red or purple coloring*)
- Jell-O and ice popsicles (*no red or purple coloring, no fruit or pulp, no dairy*)
- Coconut water (*no coconut milk*)
- Pedialyte

NO SOLID FOODS: NO meats, NO vegetables, NO dairy, NO grains and starches. NO JUICES WITH PULP: NO orange juice, NO vegetable juices, NO nectars, NO smoothies.

If biopsies are taken, please allow 7 to 10 business days to obtain results.

PLEASE ALLOW 3-4 DAY NOTICE TO CANCEL OR RESCHEDULE A PROCEDURE.

Any questions or concerns please call the office at 936-321-5440.