

COLONOSCOPY PREP- Gatorade and Miralax

Please disregard the reminder email and call that you may receive. You will need to arrive at the time listed inside of your surgery center folder

You will need to purchase the following over the counter items:

- 1) One 238 gram bottle OR 8.3 oz bottle of Miralax
- 2) Four Dulcolax stool softeners
- 3) Sixty-four ounces of Gatorade (NO RED OR PURPLE)

FIVE DAYS PRIOR TO PROCEDURE DO NOT TAKE ANY BLOOD THINNERS. Aleve, Aspirin, Ibuprofen

THE DAY BEFORE YOUR PROCEDURE YOU WILL BE ON A CLEAR LIQUID DIET AS SOON AS YOU WAKE UP. You may have the following:

Chicken broth

WHITE grape juice

Apple juice

Water (flavored water)

Coffee (**no creamer**)

Tea

Jell-O (no red, purple or fruit chunks)

Sprite, ginger ale, diet coke, coke or pepsi

Popsicles (no red or purple)

Crystal light

Powerade

NO RED OR PURPLE

AT 4:00PM: Take the 4 Dulcolax tablets by mouth and continue the clear liquid diet.

AT 6:00PM: Begin drinking the Gatorade and Miralax mixture. (**You will mix half of the Miralax into the 32 oz bottle of Gatorade**). Drink 8 ounces every 15 minutes **until you have consumed the first 32 ounces**. You may continue the clear liquid diet up until Midnight.

THE MORNING OF YOUR PROCEDURE 4-6 HOURS PRIOR TO YOUR ARRIVAL TIME:

Start time: _____

You will mix the remaining Miralax in the last bottle of Gatorade (32 ounces) and consume it just like you did the night before, 8 ounces every 15 minutes until the last 32 ounces is complete. Once this is complete NO further liquids should be consumed!!!

You will need a family member or friend to drive you home. No public transportation is permitted.

****If you are having problems with your prep the day of your procedure please call the nurses at the Franklin Surgery Center at 615-550-6066. The Surgery Center opens at 6:00AM.****