

COLONOSCOPY PREP- Gatorade and Miralax

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.

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 (dry creamer only)

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.****