



GATORADE COLONOSCOPY PREPARATION

Purchase these over the counter items:

1. GATORADE (64 ounces) of lemonade or other clear Gatorade. (two 32 oz bottles)
2. DULCOLAX 5mg tablets (four tablets)
3. MIRALAX BOTTLE 238 grams

The DAY BEFORE your colonoscopy:

Clear liquids only

ABSOLUTELY NO SOLID FOOD

Drink only clear liquids

Examples of clear liquids: Water, clear fruit juices (apple, white grape) bouillon, Jell-O (no red or purple), clear Gatorade (no red or purple), clear soft drinks, coffee/tea without cream.

**NO MILK OR MILK PRODUCTS, NO ORANGE/CITRUS JUICE. NO RED OR PURPLE JUICE OR JELLO
NOTHING BY MOUTH AFTER MIDNIGHT**

MEDICATIONS

4PM Take 4 (four) Dulcolax tablets

6PM Mix the 238 gram Miralax in 64 OZ clear liquid. Shake the solution until the powder is dissolved. Drink an 8 oz glass every 30 minutes until the solution is gone.

**NOTE: THERE IS A POSSIBILITY THAT YOU MAY EXPERIENCE SOME ABDOMINAL CRAMPING
AND BLOATING WITH YOUR BOWEL PREP**

The day of your colonoscopy, you may take your necessary medication with a sip of water.
You **MUST** have someone with you to take you home

**REMEMBER: The preparation is very important. An adequate clean out allows for the best
evaluation of your entire colon.**

During the prep, using baby wipes may ease some of your discomfort