



GATORADE COLONOSCOPY PREPARATION
PLEASE READ THESE INSTRUCTIONS AT LEAST 1 WEEK PRIOR TO YOUR PROCEDURE!

Purchase these over the counter items at least 5 days prior to your procedure

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

(If you prefer, you may substitute another electrolyte containing liquid for the Gatorade)

Transportation on the day of your exam

A responsible adult (over 18) **MUST** be with you to take you home. You are not allowed to drive, take a taxi or bus or leave the endoscopy center alone

Please bring a list of all of your current medications, including over the counter medications, with you

Medications

If you take insulin, medications for diabetes or blood thinners (including aspirin), you must call the doctor who orders these medications for instructions on altering the dosage/holding these medications before your colonoscopy (unless we have discussed at our consultation). GLP-1 medications (for diabetes/weight loss) must be stopped 1 day prior for oral, or 1 week prior for injections.

All other medications, should be taken on the day of the exam with sip of water.

Five (5) days before your colonoscopy

Do not take medications that stop diarrhea, such as loperamine (Imodium) or bismuth subsalicylate (Kaopectate, Pepto-Bismol)

Do not take fiber supplements such as Metamucil, Citrucel or Perdiem

Do not take products that contain iron

Do not take vitamin E

Three (3) days before your colonoscopy

Do not eat high fiber foods, such as popcorn, beans, seeds (flax, sunflower, quinoa), multigrain breads, nuts, salad/vegetables, or fresh and dried fruit

The DAY BEFORE your colonoscopy:

Clear liquids only. Drink at least 8 ounces of clear liquids every hour after waking up
ABSOLUTELY NO SOLID FOOD

Examples of clear liquids: Water, clear fruit juices (apple, white grape) bouillon, broth (beef, chicken, bone), Jell-O (no red or purple), clear Gatorade (no red or purple), clear carbonated and non carbonated soft drinks, coffee/tea without cream or milk. Pedialyte, Powerade, strained fruit juices – no pulp. Clear protein waters (Ready, Protein2O etc.)

NO MILK OR MILK PRODUCTS, NO ORANGE/CITRUS JUICE. NO RED OR PURPLE JUICE OR JELLO

MEDICATIONS

12 PM (noon) Take 4 (four) Dulcolax tablets

2 PM Mix the 238 gram Miralax in 64 OZ Gatorade. 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

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, A & D ointment etc. may ease some of your discomfort

NOTHING BY MOUTH AFTER MIDNIGHT.

HOWEVER YOU MAY DRINK CLEAR LIQUIDS UNTIL 4 HOURS PRIOR TO YOUR ARRIVAL TIME