

MIRALAX GATORADE SPLIT DOSE DOUBLE PREP INSTRUCTIONS

ONE DAY BEFORE THE PROCEDURE

- At **11:00 AM** take by mouth two 5 milligram Dulcolax (bisacodyl) tablets
- At **1:00 PM** take by mouth two 5 milligram Dulcolax (bisacodyl) tablets
- At **3:00 PM** Mix one bottle 8.3 ounce of MiraLAX with 64 ounces of Gatorade and shake/stir until dissolved. Drink 8 ounces every 10 minutes until gone
Mix the second bottle of MiraLAX with the second bottle of Gatorade and shake until dissolved. Drink half of the solution (32 ounces) again drinking 8 ounces every 10 minutes. Then Drink at least 2 8 ounce glass of water. Then drink only clear liquids up until midnight.

DAY OF PROCEDURE

- At **5:00 AM** - Drink the remaining mixture of MiraLAX/Gatorade (32 ounces), 8 ounces every 10 minutes followed by two 8 ounce glasses of water.
- **DRINK ONLY THE PREP SOLUTION** the morning of the procedure. You should finish the last of the solution **no later than** 6:00AM. **NOTHING MORE TO DRINK AFTER PREP COMPLETION. (Except for a sip of water with necessary medications).**
- **DO NOT EAT, DRINK or CHEW GUM** before your procedure or it may be cancelled or delayed.
- You **may take** your medications with a sip of water except: blood sugar/diabetic medications.
- If you are a diabetic please check your blood sugar before coming in
- If you are a female and between the ages of 18-55 years old, you will be asked to give a urine sample, unless you have had a hysterectomy.

WHAT SHOULD MY STOOLS LOOK LIKE? Your stools should look like clear to light yellow water with no stool particles. The yellow color is normal.

WHAT TO BRING WITH YOU:

- Because you are receiving anesthesia, you cannot drive; you must be accompanied by an adult who must remain on the premises while you are having your procedure. Your procedure will be cancelled if you do not have a ride.
- A list of your current medications including the dosage and the times you take them, along with any drug allergies.
- Your driver's license and insurance cards.
- Please do not apply lotions or perfumes the day of your procedure.
- Please leave your cell phone in the car or with your driver.

BASIC COLONOSCOPY PREP INSTRUCTIONS

ONE WEEK PRIOR TO PROCEDURE

SHOPPING LIST

- Buy 2 8.3 ounce bottles (238 grams) of MiraLAX (polyethylene Glycol 3350)
- Buy 4 5mg Dulcolax (bisacodyl) tablets
- Buy 2 64 ounce bottles of Gatorade (not purple/red)

If you are currently taking blood thinners (for irregular heartbeat, atrial fibrillation, heart disease, stents, stroke, mini-stroke, mechanical heart valves, blood clots in the legs or lungs, or other reason) you may need to stop them prior to your procedure. **Please contact the prescribing physician before stopping any medication.**

The following is not an all-inclusive list:

Plavix (clopidogrel bisulfate)	Effient (prasugrel)
Ticlid (ticlopidine hydrochloride)	Arixtra (fondaparinux)
Coumadin (warfarin sodium)	Brilinta (ticagrelor)
Pradaxa (dabigatran)	Lixiana/Savaysa (edoxaban)
Xarelto (rivaroxaban)	Lovenox (enoxaparin)
Eliquis (apixaban)	Fragmin (dalteparin)
Persantine (dipyridamole)	Zontivity (vorapaxar)
	Pletal (cilostazol)

- Please understand that even though a colonoscopy can be performed if these medications are not stopped, some polyps cannot be removed.
- If you are taking full dose aspirin (325mg), please contact your prescribing physician to see if this can be decreased to low dose aspirin (81mg). **Do not stop low dose Aspirin (81mg)** Polyps can be removed in the presence of this lower dosage.
- If you have had a recent stress test or are scheduled to have one, please check with your physician to get a cardiac clearance.

ONE DAY BEFORE PROCEDURE

- If you are diabetic please check with your family physician as to adjusting your insulin while on a clear liquid diet. Usually your dose will be cut in half the day before and you will not take any the day of the procedure. You will check your blood sugar before you leave home the day of the procedure.
- **Eat or Drink only *clear* liquids** for breakfast, lunch and dinner the day before your exam. Solid foods and milk products are ***not*** allowed. Clear liquids (not colored red or purple)
Example of clear liquids:

Water	Coffee or Tea (without milk or cream)
Pop (diet and regular)	Kool-aid
Clear broth or bouillon	Plain Jello
Sport drinks (Propel, Gatorade)	Ice popsicles
Apple Juice	Clear hard candy, life savers, jolly ranchers
White Grape Juice	White Cranberry juice