

MIRALAX/GATORADE PREPARATION INSTRUCTIONS

★ If you have ANY QUESTIONS or

★ If you are NOT FEELING WELL, BEFORE YOU BEGIN your colonoscopy preparation,
Call our office at (231) 547-2812

(After hours, call Munson Healthcare Charlevoix Hospital at (231) 547-4024 and ask for House Supervisor)

Your prep must be done **THE DAY BEFORE YOUR PROCEDURE:**

(circle) Sunday Monday Tuesday Wednesday Thursday (date) _____

Before performing a colonoscopy, it is necessary to completely clean the colon of any stool.

This means you must be on **CLEAR LIQUIDS ONLY** the entire day before your procedure.

ABSOLUTELY NO SOLID FOODS! Drink a lot more than normal on your prep day.

For this preparation, you will need:

- ♦ One 238 gram bottle of Miralax (or Polyethylene Glycol 3350)
- ♦ 3 Dulcolax (Bisacodyl) tablets
- ♦ A 64 ounce bottle of Gatorade (not red or purple)
Diabetics - Please use the G2 Gatorade or Powerade Zero

Mix the 238 gram bottle of Miralax with the 64 ounce bottle of Gatorade/G2/Powerade Zero.
Shake until the Miralax is dissolved - place in refrigerator.

Drink only CLEAR LIQUIDS the entire preparation day (**NO SOLID FOODS**)



At **NOON**, take the three (3) Dulcolax (Bisacodyl) tablets
Be sure to drink plenty of fluids after taking these tablets



At **3 PM**, begin drinking the Miralax/Gatorade solution
Drink an 8 ounce glass every 10-15 minutes until the solution is gone

ACCEPTABLE CLEAR LIQUIDS (*anything you can see through*):

Water	Sport Drinks (NO RED)
Jello (NO fruit, NO RED)	Soft Drinks: 7-Up/Vernors/Sprite
Apple Juice	White Grape Juice
Popsicles	Coffee or tea (no cream, but sugar is ok)
White Cranberry Juice	Bouillon/Broth (chicken, beef or vegetable)

Diabetics:
Use Low Sugar or
Sugar Free
Clear Liquids

***** **NOTHING RED OR PURPLE** *****

***** **NO ALCOHOL** *****

★ **NOTHING IN YOUR MOUTH AFTER MIDNIGHT ON THE NIGHT PRIOR TO YOUR PROCEDURE, NOT EVEN WATER (No gum, mints, or candy)**

★ You **MUST** have someone present upon arrival to hospital who can drive you home after the procedure