

MIRALAX/GATORADE PREPARATION INSTRUCTIONS

★ If you have any questions, please call our office at (231) 547-2812. (After hours, please call Munson Healthcare Charlevoix Hospital at (231) 547-4024 and ask for House Supervisor.)

Your colonoscopy has been scheduled for: (day/date) _____

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

On the day before your procedure: (day/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! (See the list of acceptable liquids below.) Drink a lot more than normal today.

★ **BEFORE YOU BEGIN YOUR COLONOSCOPY PREP, IF YOU ARE NOT FEELING WELL, PLEASE CALL OUR OFFICE AT (231) 547-2812.**

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/Verners/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** *****

★ You **MUST** call (231) 547-4024 between 1pm-3pm **on the day before your procedure** to get your arrival time (If your procedure is on Monday, call Friday.)

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

★ You **MUST** arrange for someone to drive you home after your procedure.