



Colonoscopy Prep - Gatorade & Miralax:

Two (2) Days Prior to Procedure:

YOU WILL NEED TO PURCHASE THE FOLLOWING (NON-PRESCRIPTION) ITEMS

1. 64 oz. of Gatorade
2. Miralax 238 grams (8.3 oz) powder, OR generic polyethylene glycol 3350 (this can be found in the laxative section of a drug store).
3. Dulcolax Tablets (2 tablets)

Day Before Procedure:

NO SOLID FOOD THE DAY BEFORE YOUR PROCEDURE!

Only clear liquids are allowed until procedure is completed. Acceptable clear liquids: water/ice, coffee, tea, clear fruit drinks, crystal light, Gatorade, carbonated soda, Jell-O (plain, no fruit added), apple juice, chicken broth, or white grape juice. No dairy. NOTHING RED PINK OR PURPLE

1. In the morning, mix the Miralax with 64 oz. of Gatorade. Stir and/or shake well until all the contents are completely dissolved. Chill in refrigerator if desired.
2. AT 4:00PM, TAKE TWO DULCOLAX TABLETS WITH AN 8 OZ. GLASS OF WATER
2. AT 6:00 PM, DRINK half (1/2) of GATORADE/MIRALAX MIX- 32oz. Drink 8 ounces every 15 minutes until empty.
3. Drink 4 additional 8 oz. glasses of water.

No food or drink after midnight.

Morning of Procedure:

1. Six (6) hours prior to procedure- drink the other half (1/2) of the GATORADE & MIRALAX mixture- 32oz.

DO NOT HAVE ANYTHING ELSE TO EAT OR DRINK EAT/DRINK.

If you are on Antihypertensive / Blood Pressure medication, or aspirin, you SHOULD continue to take your medication as prescribed with a small sip of water