



## **Colonoscopy prep-Gatorade & MiraLAX:**

### **Two (2) Days Prior to Procedure:**

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

1. 64 oz (about 1.89 L). 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. 10 oz (about 295.74 ml) bottle of Magnesium Citrate
4. Dulcolax tablets (Laxative)

### **Day Before Procedure:**

NO SOLID FOOD THE DAY BEFORE YOUR PROCEDURE!

Only clear liquids are allowed until the 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 (about 1.89 L). of Gatorade. Stir and/or shake well until all the contents are completely dissolved. Chill in refrigerator if desired.
2. At 12:00 PM, drink the full 10oz (about 295.74 ml) bottle of Magnesium Citrate.
3. AT 4:00PM, take 2 (two) of the Dulcolax tablets with an 8oz (about 236.59 ml) glass of water
4. AT 6:00 PM, drink HALF (1/2) of GATORADE/MIRALAX MIX- 32oz (about 946.35 ml). Drink 8 ounces (about 236.59 ml) every 15 minutes until empty.
5. Drink 4 additional 8 oz (about 236.59 ml). glasses of water.

No food or drink after midnight.

### **Morning of Procedure:**

1. Six (6) hours prior to scheduled procedure time, drink the other half (1/2) of the GATORADE & MIRALAX mixture- 32oz (about 946.35 ml).

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