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## GASTROINTESTINAL ENDOSCOPY

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### **MiraLAX-Gatorade Preparation**

**To ensure a successful exam, please follow all instructions carefully.**

#### **PURCHASE THE FOLLOWING SUPPLIES AT YOUR LOCAL PHARMACY:**

- 4 Dulcolax laxative tablets containing 5 mg of bisacodyl each (NOT Dulcolax stool softener)
- 1 - 8.3 oz. bottle MiraLAX (238 grams)-may substitute 2-10oz bottles of Magnesium Citrate (NOT red)
- 64 oz. clear liquid (NOT red). Gatorade, G2, Gatorade Ice, Powerade or Powerade Zero are acceptable

#### **1 DAY BEFORE YOUR COLONOSCOPY:**

Clear liquids only the day before your colonoscopy. Drink at least 8 glasses of water during the day to avoid dehydration. At **12 noon**, take 4 Dulcolax tablets. Mix 64 oz. liquid with 8.3 oz. MiraLAX and place in the refrigerator (DO NOT ADD ICE). At **3 pm**, drink one 8 oz. glass of the MiraLAX/Gatorade solution and continue drinking one 8 oz. glass every 15 minutes thereafter until the mixture is gone.

##### **Clear Liquid Examples:**

- \* Gatorade, Pedialyte, Powerade
- \* Clear broth or bouillon
- \* Coffee or tea (no milk or non-dairy creamer)
- \* Carbonated & Non-carbonated soft drinks
- \* Kool-Aid or other fruit-flavored drinks
- \* Strained fruit juices (no pulp)
- \* Jell-O, Popsicles, Hard Candy

##### **Avoid:**

- \* No red or purple items
- \* No alcohol
- \* No milk or non-dairy creamers
- \* No noodles or vegetables in soup
- \* No juice with pulp
- \* No liquid you cannot see through

#### **DAY OF YOUR COLONOSCOPY:**

**Nothing to eat or drink after midnight.** You may take all of your morning medications as usual with 4oz. of water up to 3-4 hours before your procedure.

**No smoking or tobacco products the day of your procedure.**

\*\*If you take a diabetic medication or blood thinner, please notify your doctor prior to scheduling as some medications need to be stopped ahead of time. \*\*

\*\* If you need to reschedule your procedure at EAMC ASC, call 334-364-3200.

\*\* You will need a driver to be with you the **ENTIRE TIME** and take you home after the procedure. \*\*

\*\* If you have any questions, please call **Surgical Clinic, PC** at (334) 745-6271. \*\*