

COLONOSCOPY PREPARATION INSTRUCTIONS

Purchase (prescription not required):

- 238 gram bottle of Miralax® (Glycolax®)
- 4 Dulcolax® (Bisacodyl) Laxative Tablets
- 64 oz. bottle of Gatorade® - NOT RED OR PURPLE

One Day Prior to Colonoscopy Procedure

- Nothing to eat the day before your procedure, only clear liquids.
- It is important that you drink plenty of clear liquids throughout the day to prevent dehydration.
- Clear Liquids include:
 - Water / Iced Tea / Lemonade / Gatorade®
 - Soft drinks: orange, ginger ale, cola, Pepsi®, Sprite®, 7Up®
 - Kool-Aid® (lemonade or orange flavors only)
 - Strained fruit juices without pulp such as apple, white grape, white cranberry
 - Jell-O®, lemon, lime or orange (no fruit or toppings)
 - Popsicles, Italian Ice (No Ice Cream, sherbets, or fruit bars)
 - Chicken or beef bouillon/broth

DO NOT EAT OR DRINK ANYTHING RED OR PURPLE

DO NOT DRINK ANY ALCOHOLIC BEVERAGES

DIABETIC PATIENTS: Consult your physician

- At 4:00 pm, take (2) Dulcolax® (Bisacodyl) Laxative Tablets. Swallow the tablets whole with an 8 oz. glass of water. At 8:00 pm, take the additional (2) Dulcolax® (Bisacodyl) Laxative Tablets with 8 oz. of water. The package may direct you not to exceed (2) tablets at any time but for the purpose of this examination, you should take (4) total.
- Mix the 238 gm of Miralax® in 64 oz. of Gatorade® and shake the solution until the Miralax® is dissolved. You will drink half (32 oz) of this solution this evening. Drink 8 oz glassfuls at your own pace. It may take several hours to drink the solution.
- Remember to stay close to toilet facilities.

DAY OF COLONOSCOPY PROCEDURE

- Five (5) hours before your procedure, drink the other half (32 oz) of the Miralax®/Gatorade® mixture within a two (2) hour period. This may require you to get up very early if you are scheduled for an early procedure.
- NOTHING IS TO BE TAKEN BY MOUTH 3 HOURS PRIOR TO PROCEDURE.