

MIRALAX/GATORADE PREP

FOR THIS PREPARATION, YOU WILL NEED: 4 DULCOLAX TABLETS, GATORADE OF ANY FLAVOR(EXCEPT RED), AND 1 BOTTLE OF MIRALAX (238GRAM) :: YOU CAN FIND THESE ITEMS OTC(OVER THE COUNTER)

DAY BEFORE PROCEDURE: CLEAR LIQUID DIET ALL DAY You can do: Black coffee, tea, apple juice, white grape juice, soft drinks, Gatorade, chicken/beef/vege broth, Jell-O, popsicles, hard candy, apple sauce, smoothie

NO SOLID FOODS, NOTHING RED OR PURPLE IN COLOR, NO MILK OR PRODUCTS, AND NO ALCOHOL

PLEASE DRINK PLENTY OF WATER DAY BEFORE PROCEDURE, YOU CAN HAVE GATORADE OR FLAVORED WATER, KEEP YOUR BODY VERY HYDRATED!!

Morning Procedures (7:30am- 11:30 am)

DRINK MIRALAX AND TAKE ALL THE DULCOLAX, DAY BEFORE PROCEDURE

STEP 1: Take 2 Dulcolax tablets at 10AM

STEP 2: Mix Miralax with Gatorade and drink the mix every 15 minutes until all is gone starting at 2PM

STEP 3: IF POOP IS STILL BROWN, TAKE ANOTHER 2 DULCOLAX AT 9PM, CLEAR YELLOW IS WHAT WE EXPECT FOR A PERFECT COLON PREP.

NOTHING TO EAT OR DRINK MORNING BEFORE PROCEDURE!

Afternoon Procedures (12:45PM - 4:00PM)

You may still have CLEAR LIQUID BREAKFAST UNTIL 9AM DAY OF PROCEDURE

STEP 1: Take 2 Dulcolax tablets at 2PM DAY BEFORE PROCEDURE.

STEP 2: Mix Miralax with Gatorade and drink the mix every 15 minutes until all is gone starting at 7PM.

STEP 3: IF POOP IS STILL BROWN, TAKE ANOTHER 2 DULCOLAX AT 9AM (DAY OF PROCEDURE), CLEAR YELLOW IS WHAT WE EXPECT FOR A PERFECT COLON PREP.

NOTHING TO EAT OR DRINK 5-6 HOURS PRIOR TO PROCEDURES(afternoon).

You may take your medications with only a SIP OF WATER, enough to swallow your pill. DO NOT TAKE ANY BLOOD THINNERS, ACID REFLUX(IF YOU ARE ALSO HAVING AN EGD) OR DIABETIC MEDICATIONS! We will check your sugar levels, and will give you something if sugars are too low. Do not drink any juices or anything sweet that may elevate sugar.

Report To: _____

Date: _____

Time: _____

****YOU MUST HAVE A DRIVER TO ACCOMPANY YOU TO YOUR PROCEDURE, AND WILL STAY UNTIL YOU COME OUT OF PROCEDURE. NO UBER, LYFT, TAXI, DROP OFF, IF SO, WE WILL NOT DO PROCEDURE.****

Please call us for any questions: 706-850-4985