



MIRALAX/GATORADE BOWEL PREP INSTRUCTIONS

**** READ ALL INSTRUCTIONS****

(You must bring someone with you to drive you home safely, due to sedation)

FIVE (5) DAYS BEFORE: If you take aspirin or NSAIDS such as Advil, Motrin, Celebrex, or Ibuprofen, you may continue to take them as usual unless otherwise instructed by your physician. You should discuss this with your physician in advance of the procedure. Ask your doctor for specific instructions if you take a blood thinner like Plavix, Pradaxa, Coumadin/warfarin, Effient, Lovenox, Xarelto, or Prasugrel.

THREE (3) DAYS BEFORE: Stop eating all nuts, seeds, and popcorn.

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)

64 ounces Gatorade, G2, or Powerade or Powerade Zero (no red, blue, or purple)

THE DAY BEFORE PROCEDURE: Clear liquid diet all day (breakfast/lunch/dinner). **NO SOLID FOOD. Nothing red, pink, blue, or purple.** No milk or milk products and no non-dairy creamer.

Clear liquid: Gatorade, Pedialyte, Powerade, clear broth or bouillon, coffee or tea (no creamer), clear soft drinks, fruit juices (no pulp), Jell-o, popsicles, hard candy.

Not clear liquid: No red or purple items, no alcohol, no milk, no noodles or vegetables, no juice with pulp, dark drinks.

AT NOON: Take 4 Dulcolax tablets with 8 ounces of water. Mix 64 ounces of liquid (Gatorade) with 8.3 ounces of Miralax and place in the refrigerator.

AT 2 PM: Drink 8 ounces of the MiraLAX/Gatorade solution and continue drinking one 8-ounce glass every 15 - 20 minutes until the mixture is gone. Set a timer for every 15 – 20 minutes to keep pace.

DRINK NOTHING AFTER MIDNIGHT

PLEASE CALL WITH ANY QUESTIONS (615)757-3451

LOCATION: _____

DATE/TIME: _____