

# MiraLAX and Gatorade Colonoscopy Prep Instructions

## What you need:

1. MiraLAX bottle, 238 grams.
2. Gatorade, 64 ounces.
3. Four Dulcolax 5mg tablets.
4. Two Simethicone anti-gas tablets (Gas X or Phazyme).

## One (1) Day Before your Procedure:

**Step 1.** Start a clear liquid diet as soon as you wake. Examples include: water, flavored water, sports drinks, sodas, fruit juices without pulp, Popsicles, Jell-O, clear broth, tea without cream or milk, and coffee without cream or milk.

*\*Avoid liquids that are red, orange, or purple in color.*

*\*Remember to avoid solid food and non-clear liquids including Boost and similar protein drinks.*

*\*Pre-mixing and chilling your prep in the refrigerator earlier in the day is permitted.*

*\*Please continue to drink the entire prep even if your stool looks clear or you feel cleaned out.*

**Step 2.** At 3:00pm, take two Dulcolax tablets with 8-ounces of clear liquid.

**Step 3.** At 5:00pm, take one simethicone gas tablet. Then drink one-half of the MiraLAX-Gatorade mixture by drinking 8 ounces every 15 min. over one hour.

**Helpful hints:** *Chilling the prep and drinking it with a straw may improve tolerability. If you develop nausea or vomiting, pause for 30 minutes before slowly resuming the remainder of the prep.*

**Step 4.** At 8:00pm, take two Dulcolax tablets with 8-ounces of clear liquid.

**Step 5.** Continue to hydrate with clear liquids before bedtime.

**Step 6.** Get some sleep.

**Step 7.** At (5 hours before your arrival time), take one simethicone gas tablet. Then drink the second half of the MiraLAX-Gatorade mixture by drinking 8 ounces every 15min. over one hour. *This is a good time to take your usual home meds. Delay taking insulin and oral diabetes meds until after your procedure.*

***\*Your bowel prep is now complete! Do not take anything else by mouth until after your procedure.***

Please call BGA at 205-271-8000 between 8:30am and 5:00pm **at least 48 hours before your procedure** if you have any questions or need to reschedule.

## Colonoscopy Instruction Sheet

**Purpose:** This is an endoscopic evaluation of your large intestine (colon) and rectum to screen or recheck for polyps and colon cancer and/or investigate abnormal gastrointestinal symptoms.

### **Planning:**

Make sure you have your colonoscopy bowel preparation **at least 48 hours before your procedure**. If you do not, call BGA at 205-271-8000 during regular business hours.

- Plan to be off work for the day of your procedure.
- Arrange for your driver to take you to your procedure, wait for you while you are there and then drive you home after the procedure. You should not drive on the day of your procedure.
- Do not take your diabetes medications on the morning of your procedure.
- It is OK to continue taking aspirin, Tylenol, and anti-inflammatories.
- Stop taking iron supplements 3 days before your procedure.
- Start a low-residue diet beginning 3 days before your procedure. Avoid tough meats, whole grains, seeds, nuts, popcorn, raw vegetables, vegetable skins, fruit with seeds or skins, broccoli, cabbage, lettuce, corn, beans, and peas.
- Plan to abstain from chewing gum, mints, or tobacco products of any kind after midnight before your procedure.
- For your safety, please remove all metal including piercings and jewelry prior to your arrival.
- If you take a blood thinner for any reason and were not instructed to hold it in advance of your colonoscopy, please notify our office.

-Coumadin (Warfarin/Jantoven)- 5 days prior  
-Aggrenox (Aspirin-Dipyridamole) 5-7 days prior  
- Brilinta (Ticagrelor)- 5 days prior  
-Xarelto (Rivaroxaban)- 24 hours prior  
-Lovenox (Enoxaparin)-24 hours prior  
-Bevyxxa (Betrixaban)-48 hours prior  
-Ticlid (Ticlopidine)-7 days prior

-Plavix (Clopidogrel)- 7 days prior  
-Effient (Prasugrel)- 7 days prior  
-Pradaxa (Dabigatran)- 24 hours prior  
-Eliquis (Apixaban)-48 hours prior  
-Pletal (Cilostazol)- 48 hours prior  
-Savaysa (Edoxaban)-48 hours prior  
-Zontivity (Vorapaxar)-5-7 days prior

**Prep:** This is the process of ingesting clear liquids along with a strong laxative bowel-cleansing solution leading up to your colonoscopy. The laxative bowel prep is taken as a “split-dose.” This means that you take the first dose the night before your procedure and the second dose on the day of your procedure. This is very important to clear the colon of all waste material so that its surfaces can be carefully inspected. By the conclusion of your prep, your bowel movements will resemble clear to yellow water. **This step is extremely important! A suboptimal prep may result in your procedure being rescheduled, more frequent procedures or even missed lesions!**

Please call BGA at 205-271-8000 between 8:30am and 5:00pm **at least 48 hours before your procedure** if you have any questions or need to reschedule.