

## Colonoscopy Preparation using Gatorade™/Miralax™

### Warnings:

- ✓ Please inform this office in advance if you have congestive heart failure, kidney failure, chronic constipation, or have had an inadequate bowel preparation for a previous colonoscopy.

### Purchase (over-the-counter):

- ✓ Gatorade™ (64 ounces) of lemonade/clear flavored
- ✓ Dulcolax™ 5mg (four tablets)
- ✓ Miralax™ 238 grams (1 bottle)
- ✓ Tucks wipes™(over the counter, optional)

### What to do with your daily medications before your colonoscopy:

If you take Coumadin, Warfarin, Plavix, aspirin, aspirin containing products, and or iron supplements consult with your cardiologist or primary care physician as to whether you may temporarily discontinue these medications. If the answer is no, ask your physician to call and we will provide you with special instructions.

#### 5 days before your procedure (\*):

- ✓ Stop aspirin, aspirin-containing products, and iron supplements (such as Feosol). Acetaminophen (Tylenol) and Celebrex may be continued until the day of the procedure.
- \* This advice is designed to minimize the risk of serious bleeding if a polyp is removed

#### 3 days before procedure:

- ✓ Stop Coumadin (warfarin) and Plavix (clopidigrel). Unless otherwise instructed (see above)
- ✓ Avoid eating seeds or any foods containing seeds (such as grapes, berries, nuts, etc).

If you are diabetic, check with your primary care physician about taking your diabetes medication the morning of your colonoscopy. Call your prescribing physician if you have questions about what to do with other medications during the preparation period.

Otherwise, take your daily medications with a sip of water the morning of your procedure.

### What to eat the day before your colonoscopy:

#### Following the restricted diet below helps ensure an thorough examination of the colon

You may **NOT** have any **solid food** the day before your colonoscopy

- ✓ Do **NOT** have any milk or milk products or orange juice
- ✓ Do **NOT** consume any liquids that are red or blue.
- ✓ Do **NOT** drink alcohol.
- ✓ You may drink clear liquids - black coffee (no milk or cream), plain tea, soft drinks, sports drinks (e.g. Gatorade™, Clear or Lemonade), strained fruit juices (no pulp), water, clear juice, bouillon/broths, popsicles, and Jell-O.
- ✓ Continue to drink fluids consistently throughout your preparation.
- ✓ Do **NOT** EAT OR DRINK ANYTHING after midnight.

**Taking your laxatives:**

- ✓ **3pm** Take 2 Dulcolax™ tablets.
  
- ✓ **5pm** Mix the entire bottle of Miralax™ into the 64 ounces of Gatorade. Shake the solution until it is fully dissolved. Drink an 8 ounce glass every 30 minutes until you have consumed half (32 ounces). Place the remainder of the liquid in the refrigerator overnight.
  
- ✓ **7pm** Take the last 2 Dulcolax™ tablets.

**TIPS:**

The prep may not be palatable. If you experience nausea, bloating or vomiting, then you may increase the time interval between eight ounce glasses. In certain instances, you may not have bowel movements after completing immediately **This is normal**. Continue as instructed and you should start to pass bowel movements.

**On the day of your colonoscopy:**

- ✓ **6 hours before your appointment:** Drink the remainder of the Miralax™ (an 8 oz. glass every 30 minutes until the solution is gone). You may take any necessary medications with a sip of water.

**Dosing Schedule for your Appointment**

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Start liquid diet	Date: _____ Time: _____ Morning _____
Take first dose of Dulcolax™	Date: _____ Time: _____ 3pm _____
Take first dose of Miralax™	Date: _____ Time: _____ 5pm _____
Take second dose of Dulcolax™	Date: _____ Time: _____ 7pm _____
Take second dose of Miralax™	Date: _____ Time: _____

**General information:** Please arrive at least 15 minutes before your appointment to complete any necessary paperwork. Your stay at the office will be 1 to 2 hours. After your colonoscopy, you may resume most normal activities (except driving and vigorous exercise) and a normal diet, unless otherwise instructed.

**Note: YOU MUST HAVE AN ECORT TO ACCOMPANY YOU HOME FOLLOWING YOUR PRECEDURE**

***Please contact us with any questions:***

New York Gastroenterology Associates, L.L.P.  
311 East 79<sup>th</sup> Street, Suite 2A  
New York, NY 10075  
T: (212) 996-6633  
F: (212) 996-6677  
contact@nyga.md  
www.nyga.md