

MiraLAX Gatorade Bowel Prep Instructions

Cleansing the colon is an important part of preparing for a colonoscopy. Good bowel prep allows your doctor to find polyps or other abnormalities in your colon.

PLEASE READ ALL INSTRUCTIONS AT LEAST ONE WEEK PRIOR TO PROCEDURE.

Purchase over-the-counter bowel preparation supplies:

1. Four (4) Dulcolax (bisacodyl) 5 mg tablets
2. One (1) 8.3 ounce bottle of MiraLAX
3. One (1) 64 ounce bottle of Gatorade (not red, orange or purple)*
4. One (1) 10 ounce bottle of lemon magnesium citrate
5. Clear liquids to drink the day before your procedure. Clear liquids are anything you can see through, like apple or white grape use or other juices without pulp, Gatorade or other sports drinks, ginger ale, sodas, water, broth, popsicles, honey and hard candies without filling.
6. Skin protectant such a Desitin or A&D ointment

You may want to refrigerate the Gatorade if you wish to drink it cold. You do not need a prescription for any of these products.

****Please purchase only Gatorade and no other types of electrolyte supplemental drinks (e.g., Powerade) and avoid drinks that colored either red or orange. If you are diabetic, you may purchase G2 low calorie Gatorade.***

If this is a bowel preparation prior to surgery (such as colon resection) you have also be prescribed antibiotics that you will need to pick up from the pharmacy prior to starting the bowel prep. Follow provided instructions for the antibiotics, but generally there are two different antibiotic that are each taken at 1 pm and 2pm and 10 pm on the day before surgery.

7 days before procedure:

Avoid high fiber foods including nuts, seeds, multigrain breads, crunchy raw vegetables, corn and popcorn and fruits with peels.

One day before procedure:

1. Start a clear liquid only diet at 6 am on the day before your procedure. Clear liquids would include apple or white grape use or other juices without pulp, Gatorade or other sports drinks, ginger ale, sodas, water, broth, popsicles, honey and hard candies without filling. ****Avoid red, purple or orange colored liquids.**

2. Do not eat any solid food, thick liquids, milk or other dairy products, or alcohol.
3. In addition to your bowel prep, drink at least one (1) gallon of clear liquids between 10 AM and 8 PM the day prior to your procedure. Drink at least one 8 ounce glass of clear liquid every hour. The more clear liquids that you drink, the better the laxatives will work. If you take diuretics, you will need to drink additional clear liquids throughout the day.
4. You will want to be near a restroom once you start your laxative. Applying Desitin cream or A&D ointment to the skin around the anus can help prevent skin breakdown and irritation.
5. At 1 pm on the day before the procedure, take 4 delayed release Dulcolax tablets.
6. At 5 pm, pour out about 8 ounces of the Gatorade to allow room for the MiraLAX powder. Pour the 8.3 ounce bottle of MiraLax into the Gatorade bottle and mix together. Drink one 8 ounce glass of the solution every 15 minutes until the bottle is empty.

*If you experience nausea or vomiting, take a 15-30 minute break and then continue drinking the prep. The prep will often start to work within 30 minutes, but may take a few hours to take effect.

Day of procedure:

1. Four (4) hours before your procedure, drink the entire 10 ounce bottle of lemon magnesium citrate.
2. **PLEASE DO NOT EAT OR DRINK ANYTHING WITHIN 3 HOURS OF YOUR COLONOSCOPY**