

## Colonoscopy Prep Instructions with Gatorade & Miralax & Dulcolax

**Strict compliance with these instructions is necessary to avoid missed lesions and ensure a safe and complete exam.**

**About This prep:** This prep is taken to clean your colon prior to your colonoscopy. Solution requires a prescription. No prescriptions are needed for this prep. Purchase the following:

- One 64oz bottle (or two 32oz bottles) of Gatorade, Propel, Crystal Lite or other non-carbonated clear liquid (NO red colors). If you have diabetes, you may use sugar-free Gatorade.
- Miralax 238grams (8.3ounces) powder or generic polyethylene glycol 3350 (can find in laxative section of store).
- Dulcolax laxative tablets (not suppository or stool softener and **you will need 6 tablets**).
- Infants Mylicon Liquid one bottle- ask pharmacist for substitute if this brand is not available.

**Medication / Diet / Tobacco Instructions:** It is very important you read this section carefully. If you have any questions regarding your medications please call the MDTEC procedure coordinator at 410-224-3636.

- **10 days prior** to your procedure (at a minimum): you must stop taking Phentermine, or any medication containing Phentermine, such as Qsymia, Qnexa, Adipex-P, Suprenza, Fastin, Phentercot.
- **7 days prior** to your procedure: Begin a low fiber diet; You must stop taking all iron supplements, vitamins, minerals, herbal supplements, discontinue fiber supplements such as Metamucil, Citrucel, Fibercon, etc. Avoid fish oil, corn, seeds, nuts and popcorn.
- **Blood Thinner Medications:**
  - **Stop** taking ibuprofen, Advil, Aleve and NSAIDs at least 5 days prior to your procedure
  - **You MAY continue to take:** once daily aspirin (81mg or 325mg daily)
  - **If you take Coumadin, Plavix, Pradaxa, Xarelto, Eliquis or other blood thinners:** You must stop these medications 5 days prior to your procedure with the approval of your prescribing physician. **Contact our pre-operative nurse for specific instructions at 410-224-3636- option "2"**
  - You may take Tylenol as needed.
- **2 days prior:** follow low residue diet. Soup, fish, chicken, eggs, white rice, bread, crackers, plain yogurt, pasta, potatoes (no skin) gelatin, broth, bouillon, all liquids.
- **1 day prior** to your procedure: **Do not eat any solid food the day before or the day of your procedure.** You must be on a clear liquid diet the day before your procedure. See below.
- **No smoking the day of procedure.**
- **Blood Pressure and Heart medications:** Continue to take these medications as directed. Take them the day of your procedure with a **small sip of water** no less than 2 hours before procedure.
- **Acid Reflux medication:** Continue to take your acid reflux medication as directed. Take your medication the day of your procedure with a sip of water no less than 2 hours before procedure.
- **Diabetic medication:** *Monitor your blood sugar closely the day before and day of procedure.*
  - If you are taking diabetic medication by mouth, cut your dose in half the day before the procedure.

  
Important!!

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- If you are taking insulin, reduce your insulin dose(s) to half the normal amount the day before the procedure.
- If you have an insulin pump, please check with the prescribing physician (PCP or endocrinologist) for specific instructions.
- Do not take any diabetic medication or insulin on the day of your procedure.
- **Bring a complete list** of your medications. **Also bring** your blood pressure medicine and inhalers with you on the day of your procedure.

### Miralax / Dulcolax Instructions:

#### **The day before your procedure:**

You will be on a clear-liquid diet only. You must not have any solid food. **Do not consume** anything that is red, blue, or purple in color. Do not consume any liquids you cannot see through. Do not consume alcohol the day before your procedure. **Acceptable clear liquids** include: water, clear broth, apple juice, white cranberry juice, white grape juice, soda, gelatin (Jello), popsicles, coffee, and tea (no milk or creamer).

**\*\*In the MORNING the Day Before Your Procedure:** in a pitcher mix the 8.3 oz. of Miralax with the 64 oz of Gatorade and 3 ml (cc) of Mylicon drops. Stir / shake the contents until the entire contents of Miralax are completely dissolved. Chill if desired.

**At 1pm the DAY BEFORE your procedure:** take 3 tablets of dulcolax laxative pills with water by mouth.

#### **Procedures scheduled before 12pm**

**At 3pm the DAY BEFORE your procedure:** drink half the Gatorade / Miralax / Mylicon solution. Drink one 8oz. glass of this solution every 15 minutes. You may drink it directly or through a straw.

**At 9pm the DAY BEFORE your procedure:** drink the other half of the solution. Drink one 8oz. glass of this solution every 15 minutes until finished. You may drink it directly or through a straw.

**At 10pm the DAY BEFORE your procedure:** take the other 3 tablets of dulcolax.

#### **Procedures scheduled after 12pm**

**At 6pm the DAY BEFORE your procedure:** drink half the Gatorade / Miralax / Mylicon solution. Drink one 8oz. glass of this solution every 15 minutes. You may drink it directly or through a straw.

**At 5am the DAY OF your procedure:** drink the other half of the solution. Drink one 8oz. glass of this solution every 15 minutes until finished. You may drink it directly or through a straw.

**At 6am the DAY OF your procedure:** take the other 3 tablets of dulcolax.

***Diabetic Patients: use sugar-free drinks during the prep and monitor your blood sugar closely to prevent low blood sugar.***

**Please be aware:** Your stools should be light yellow to clear with no solid particles prior to coming to MDTEC. If you have any questions or concerns regarding this prep, please call the procedure coordinator at 410-224-3636 for further guidance. If you call before we arrive for the day, please leave a message and we will call you back as soon as we are able.

**You must have a responsible driver who is 18 or older to accompany you and drive you home.**

A taxi or shuttle is not an approved means of transportation **unless you have** a family member or friend with you. You may not drive until the day after your procedure. If you do not arrive with a driver, your procedure will be rescheduled, and you may be charged a cancellation fee.