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#### MIRALAX/GATORADE PREP

ITEMS NEEDED: All items can be purchased at any pharmacy.

- Two Dulcolax tablets
- One 255 gram bottle of Miralax or generic equivalent
- One 64 oz bottle of Gatorade (NO RED OR PURPLE)

ONE WEEK PRIOR TO PROCEDURE:

- Stop taking blood thinning medications, including Coumadin, Plavix, Aspirin or any aspirin containing medications such as Goody's or BC powders 7 days prior to procedure
- Stop taking Iron and Vitamins with iron 5 days before procedure.
- READ AND FAMILIARIZE YOURSELF WITH PREP INSTRUCTIONS BELOW.

THREE DAYS PRIOR TO PROCEDURE:

- Stop taking any anti-inflammatory medications such as Aleve, Motrin and Advil.
- Discontinue fiber supplements such as Metamucil, Citrucel, Benefiber, Fiber-Con, etc. You may continue eating fiber containing foods.

ONE DAY BEFORE PROCEDURE:

- CLEAR LIQUID DIET ALL DAY!! DO NOT EAT ANY SOLID FOOD OF ANY KIND!!!!
- Clear liquid diet consists of: Clear bouillon, chicken or beef broth, or consommé, Tea, coffee (no dairy/milk), Kool-aid, carbonated beverages and Gatorade. Juices-Apple, white grape, strained lemonade, limeade and orange drink or any juice that you can see through (no pulp), popsicles, jell-o and hard candy.
- \* NOTHING RED OR PURPLE IN COLOR\*
- It is very important to increase fluid intake to prevent dehydration, please make sure to drink at least 8 glasses or more of fluids such as Gatorade, preferably not just water.
- TAKE YOUR USUAL PRESCRIPTION MEDICATIONS (EXCEPT IRON). If you have DIABETES: You should take your diabetic meds at ½ the usual dose. Monitor your blood sugars at your usual times.
- At \_\_\_\_\_, take 2 Dulcolax tablets. Please keep in mind that the cleansing process will take 4-8 hours or longer so schedule day accordingly. Mix Miralax and 64 of Gatorade until dissolved and refrigerate.
- Drink ½ of the mixture at \_\_\_\_\_ and the other ½ at \_\_\_\_\_. If you become nauseated during the ingestion of prep, stop for 45 minutes then resume.

ON THE DAY OF PROCEDURE:

- IF YOU TAKE HEART OR BLOOD PRESSURE MEDS, PLEASE TAKE THEM EARLY IN THE MORNING THE DAY OF PROCEDURE WITH A SMALL AMOUNT OF WATER. IF YOU ARE DIABETIC DO NOT TAKE YOUR DIABETIC MEDS ON THE DAY OF YOUR PROCEDURE!!