



PREPARATION FOR COLONOSCOPY MIRALAX/GATORADE SPLIT PREP

Location: Buffalo General Hospital - 100 High St. on the Sixth Floor

If you are or may be pregnant please discuss the risks and benefits of this procedure with your doctor. You must arrange for a ride (no taxi or buses) for the day of your exam. If you fail to arrange transportation with a responsible adult, your procedure will need to be canceled and rescheduled. You will not be allowed to drive or work the rest of the day. If you must cancel or reschedule your appointment please call us at (716) 626-2644 as soon as possible.

TO ENSURE A SUCCESSFUL EXAM, PLEASE FOLLOW THESE INSTRUCTIONS CAREFULLY.

▶ **Items to be purchased over the counter at your pharmacy/drug store:**

- Two Dulcolax® tablets (to be taken orally)
- One **255 gram** bottle of Miralax® or generic equivalent
- One **64 oz.** bottle of Gatorade® (**NO RED OR PURPLE DYES**)
- One **10 oz.** bottle of Magnesium Citrate® (**NO RED FLAVORS**)

▶ **Five days prior to procedure:**

- Stop all Aspirin and Blood Thinners (blood thinners include Coumadin, Plavix, and Warfarin).

▶ **Four days prior to procedure:**

- Stop taking iron supplements, any vitamin containing iron, products containing ibuprofen, fish oil and flax seed.
- Discontinue fiber supplements, such as Metamucil, Citrucel, or similar.
- **Limit the intake of high-fiber foods, such as raw fruits, vegetables, whole wheat, multigrain foods, nuts, popcorn, bran or bulking agents.**

▶ **Two days prior to procedure:**

- Drink at least 8 glasses of water/clear liquids during the day.

▶ **One day before procedure:**

- **Maintain a clear liquid diet all day!!!**
- **Do not eat solid foods or dairy products of any kind!!!**
- It is very important to drink fluids both before and after your prep to prevent dehydration.
- Please be sure to consume at least eight, 8 oz. servings (64 oz.) or more of clear liquids on the day before your procedure.



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▶ **A clear liquid diet consists of:**

- **Soups:** Clear bouillon, chicken/vegetable/beef broth, or consommé.
- **Beverages:** Tea, black coffee. You may add sugar or sweeteners to coffee or tea. Kool-Aid, Gatorade® and other similar carbonated or non-carbonated beverages are acceptable.
- **Juices:** Apple, white grape, strained lemonade, limeade and orange drink or any juice you can see through and has no pulp is acceptable.
- **Dessert:** Italian ices, popsicles, Jello®, and hard candy.
- **Do not drink alcohol or any red or purple colored beverages!!!**
- **Do not eat red or purple Jello® or popsicles. No dairy products!!!**

▶ **PREP SCHEDULE**

Please keep in mind that the cleaning process will take 4 to 8 hours or longer so plan your schedule accordingly.

- Between noon and 4 pm take 2 Dicolax® tablets.
- Two hours after taking the Dicolax® tablets mix the 255 gram bottle of Miralax® and 64 oz. of Gatorade® in an empty picture and stir until dissolved. Drink 8 oz. glass every 20 minutes until the entire solution is gone.
- If you become nauseated during the ingestion of the Miralax® prep, stop the prep for 45 to 60 minutes, then resume with smaller and less frequent amounts.
- Continue to drink clear liquids after the prep is completed. The more you drink, the better the prep will be.
- Take your usual prescription medications (except medications noted above). If you have diabetes you should take your oral diabetic medications at one half of the usual dose. Monitor your blood sugar at your usual times. Consult your endocrinologist or primary care physician for specific instructions on insulin dosing for prep and day of procedure.
- Four Hours before the procedure drink the 10 oz. bottle of Magnesium Citrate®. Set an alarm clock as a reminder if this will be early in the morning.
- You may take all of your regular morning medications with a sip of water anytime up to three hours prior to your procedure. If you are diabetic, please do not take any oral diabetic medication on the morning of your procedure unless otherwise instructed.
- Three hours before the procedure stop drinking all liquids.