

## **Colonoscopy Preparation Instructions using Gatorade™/Miralax™:**

### **THE FOLLOWING ITEMS NEED TO BE PURCHASED AT A PHARMACY:**

1. Miralax™—238 gram (1 bottle)
2. Powerade Zero™ or low calorie Gatorade™ (no red or blue color)—64 ounces
3. Dulcolax™ 5mg ( Four tablets)

### **IMPORTANT WARNINGS:**

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

### **STEP #1 WHAT TO DO WITH YOUR DAILY MEDICATIONS BEFORE YOUR COLONOSCOPY:**

- If you take Coumadin, Warfarin, Plavix, aspirin, or aspirin containing products or any form of “blood thinners” please consult with your cardiologist or primary care physician as to whether you may temporarily discontinue these medications. This is extremely important, especially if you take any of these medications for treatment of heart disease or stroke.
- If your primary care physician has instructed to continue any of these medications, please notify us and we will provide you with special instructions.

### **ONE WEEK (7 DAYS) PRIOR TO 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.
- Stop Plavix (clopidogrel). Unless otherwise instructed by your primary physician or cardiologist (see above)

### **3 DAYS PRIOR TO YOUR PROCEDURE:**

- Stop Coumadin (warfarin). Unless otherwise instructed (see above)
- Avoid eating seeds or any foods containing seeds (such as grapes, berries, nuts, etc).
- Limit high fiber foods (salad, fresh fruits and vegetables, whole wheat bread)
- 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.

### **STEP #2: THE IMPORTANCE OF YOUR BOWEL PREPARATION**

- To ensure that your doctor will be able to visualize all parts of your colon and detect any abnormalities including polyps please follow these instructions carefully.
- If your bowel preparation is not adequate at the time of your colonoscopy, your doctor may ask that you repeat the procedure.
- For 3 days prior to your procedure-
  - Avoid eating seeds or any foods containing seeds (such as grapes, berries, nuts, etc).
  - Limit high fiber foods (salad, fresh fruits and vegetables, whole wheat bread)

#### **DAY PRIOR TO YOUR PROCEDURE: WHAT YOU CAN EAT?**

- Begin Clear liquid diet starting in the morning as soon as you wake up: You may consume the following : Water, Apple Juice, Pineapple Juice, White Grape Juice, and Grapefruit Juice ( NO PULP), 7 UP, Ginger Ale, Coffee or Tea with sugar and/or honey only (no milk or non-dairy creamer). **Jell-O of any color except for red, blue or purple (in limited amounts only).** Soups are permissible if clear broth only (no cream soups).
- Do not consume any liquids that are red or blue
- Do not drink alcohol

#### **DAY PRIOR TO YOUR PROCEDURE: HOW TO TAKE YOUR LAXATIVES:**

- **At 3pm** - Take 2 Dulcolax™ tablets.
- **At 5pm** - Mix the entire bottle of Miralax™ into the 64 ounces of Gatorade/Powerade. 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.
- **At 7pm**-Take the last 2 Dulcolax™ tablets.
- **6-8 Hours prior to your appointment** - Drink the remainder of the Miralax™ (an 8 oz. glass every 30 minutes until the solution is gone). You must complete the remainder of the Miralax no later than 4 hours prior to your appointment time.

**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. Continue as instructed and you should start to pass bowel movements)

#### **DAY OF YOUR PROCEDURE:**

- **YOU MAY CONTINUE TAKING YOUR BOWEL PREP UP UNTIL 4 HOURS PRIOR TO YOUR PROCEDURE. DO NOT DRINK ANYTHING WITHIN 4 HOURS OF YOUR APPOINTMENT TIME.**
- You may take any necessary medications including blood pressure medications in the morning with just a sip of water.
- You must have someone drive you home after the procedure because of the anesthesia you will receive for your procedure. **YOU WILL NEED A FRIEND OR FAMILY**

**MEMBER TO PICK YOU UP. YOU ARE NOT ALLOWED TO TAKE TAXI OR BUS OR LIMOUSINE unless you are accompanied by a friend or family member – OTHERWISE, YOUR PROCEDURE WILL BE CANCELLED.**

- Please contact our office with any questions related to the procedure or bowel preparation. If you have an emergency and need to speak with the doctor on call after hours about the procedure, please call (310)858-2224.

**Dosing Schedule for your Appointment will be given to you at the office!**