

**Mid-Bronx Endoscopy Center
51 W Burnside Ave
Bronx, NY 10453
Phone: 917 791 6004**

Patient's Name:

MR #:

DOB:

Date/Time of Procedure:

Gatorade / Miralax Prep for Colonoscopy

You need to buy the following (no prescriptions are needed):

1. **One 64 oz or two 32 oz bottles of Gatorade**, Propel, Crystal Lite or other noncarbonated clear liquid drink (no red colors). If you have diabetes, you may use sugar-free Gatorade. Refrigerate if you prefer to drink it cold.
2. **Dulcolax laxative tablets** (not suppository or stool softener and you will need 6 tablets for the prep).
3. **Miralax 238 grams (8.3 ounces) powder** or generic polyethylene glycol 3350 (can find in laxative section)
4. **Infants' Mylicon Liquid one bottle** – ask pharmacist for substitute if this brand is not available

One Week Prior to Your Procedure:

- 1) Discontinue fiber supplements: Metamucil, Citrucel, Fibercon, etc.
- 2) Discontinue taking iron pills or medications that can cause bleeding (Aleve, Naprosyn, Motrin, ibuprofen, Sulindac, or any other NSAID). Use Tylenol for pain if needed.
- 3) If you are on aspirin because of a history of stroke or heart disease, then continue aspirin
- 4) Discontinue all over the counter herbal products / Vitamin E

Two days prior to your procedure – low residue diet

Allowed: soup, fish, chicken, eggs, white rice, bread, crackers, plain yogurt, pasta, potato with no skin, gelatin, broth, bouillon, all liquids

Avoid: fresh and dried fruit, all vegetables, raisins, dried fruits, nuts, seeds, cloves, any other meat besides what is listed above

One day before the colonoscopy: this is the prep day, only clear liquids are allowed till the procedure is completed. Consumption of anything other than clear liquids will impair the quality of the prep and thus impair the quality and safety of the colonoscopy. You may have clear liquids up until 6 hours prior to your procedure. Nothing by mouth for 6 hours prior to the procedure unless directed to do so.

Allowed: Clear liquid diet is liquid food that you can see through. This includes water, fruit juices, jello, clear broth or bouillon, clear fluids (Sprite, sports drinks, etc...), popsicles, etc. Please consume plenty of clear liquids! A colonoscopy prep can cause dehydration and loss of electrolytes if you do not!

Avoid: All solids foods, milk and milk products, and any item with red dye. Limit coffee and tea as they can dehydrate you.

One day before the colonoscopy: begin the colon prep as detailed below.

- 1) In the morning, in a pitcher mix the 8.3 oz of Miralax with the 64 oz of Gatorade and 3 milliliters (cc) of the Mylicon drops. Stir / shake the contents until entire contents of Miralax are completely dissolved. Chill if desired
- 2) At 1PM take 3 tablets of dulcolax laxative pill with water by mouth.
- 3) At 3 PM drink half the Gatorade / Miralax / Mylicon solution. Drink one 8-ounce glass every 15 minutes. You may drink it directly or through a straw.
- 4) At 9 PM drink the other half of the solution. Again drink one 8 ounce glass every 15 minutes till finished with all of the solution.
- 5) At 10 PM take the other 3 tablets of dulcolax.
- 6) **If your procedure is scheduled for 12 PM or later** follow the directions as above but drink the first half of the solution at 6PM the day prior to your procedure, the second half at 6AM the day of the procedure and take the second 3 Dulcolax at 7AM the day of the procedure (with a small glass of water).

If you are diabetic:

- 1) Use sugar-free drinks during the prep and monitor your blood sugar closely to prevent low blood sugar and use insulin sliding scale if needed for high values
- 2) If you are on insulin take half of your usual evening dose the day prior to the procedure and also on the morning of the procedure.
- 3) Hold your diabetic medication the morning of the test if you are not on insulin.

Helpful tips:

- 1) Some people may develop nausea with vomiting during the prep. The best remedy for this is to take a break from drinking the solution for about 30 minutes and then resume drinking at a slower rate. It is important to drink the entire contents of the solution.
- 2) Walking between drinking each glass can help with bloating.
- 3) Use baby wipes instead of toilet paper.
- 4) Apply some Vaseline or Desitin to the anal area / between buttocks prior to beginning the prep and reapply as needed.

5) Remain close to toilet facilities as multiple bowel movements may occur. This prep often works within 30 minutes but may take as long as three hours.

Day of procedure:

- 1) If you take blood pressure or heart medicine you may take it with a sip of water.
- 2) You can have clear liquids up until 6 hours prior to the scheduled procedure time.
- 3) Wear loose clothing and leave your jewelry and valuables at home.
- 4) Bring a list of all your medications to the center.
- 5) We generally run on schedule so please arrive on time. Occasionally an unforeseen event may cause us to be delayed. Please bring some material to keep you occupied if one of these rare events occurs.
- 6) **YOU MUST HAVE A RIDE AFTER THE PROCEDURE!** A responsible adult must take you home. Going in a taxi or bus by yourself will not be allowed.