



Split-Dose Miralax/Gatorade Prep for Colonoscopy

Please read thoroughly and follow instructions precisely. If your prep process is not complete and your colon is not thoroughly prepped then the physician will not be able to complete your procedure. Your goal upon the completion of the prep is to have clear yellow liquid output. NOTE: You MUST have a driver PRESENT in the office to drive you home after your procedure.

Purchase at Pharmacy: One **238g bottle of Miralax**, One **10oz bottle of Magnesium Citrate (clear)**, One **64 oz bottle of Gatorade (yellow, green or clear)**, Use **Crystal light lemonade if you are diabetic**.

Stop all fiber & iron supplements, multivitamins, fish oil, omega 3 or omega 6 one week prior to the procedure. **NO** nuts or seeds for 3 days prior.

Stop blood thinners such as Coumadin, aspirin, and plavix five (5) days prior to the procedure. Stop all non-narcotic pain medications (ie motrin, ibuprofen, advil) for five (5) days prior to the procedure. Tylenol, tramadol or Celebrex are OK.

If you have diabetes, do not take your oral medications the morning of the procedure. If you take insulin, reduce the evening dose BY HALF the night before the procedure. **Do not** take any insulin the morning of the procedure.

Two nights prior to the procedure: Drink one 10oz bottle of Magnesium Citrate at **7pm**. Day/Date: _____

Day prior to the procedure: Day/Date: _____

1. Clear liquid diet the ENTIRE day. This consists of coffee/tea (**no** milk or cream), soda, beef/chicken broth, jello, popsicles, Gatorade, PowerAde, etc. **No** red or purple-colored liquids. You may have as much clear liquid as you wish that entire day. NO solid foods or dairy.
2. Beginning at **3pm**: Mix 238g of Miralax powder with **64oz** of Gatorade (G2 or Crystal Lite is fine as well).
3. Beginning at **4PM**: Start to drink **32oz** of this solution. Drink at your own pace (usually 8oz every 15-30mins) until you have completed **32oz** of the solution. If you start to feel full or nauseated, STOP drinking the solution. Wait until you feel better, then resume drinking the remainder of the solution. It is VERY important to drink the entire solution--The cleaner your colon is, the more accurate the test will be!
4. Drink an additional FOUR 8 ounce glasses of clear liquid BEFORE 11pm.
5. At **11:30pm**, drink the remaining **32oz** of the solution. You must finish this by **12:30am**. Do NOT eat or drink anything else thereafter.

Morning of the procedure: Please NOTE: For your safety your stomach must be empty to receive anesthesia. **DO NOT** have anything AT ALL by mouth (including NO WATER, NO GUM NO MINTS) after midnight the night prior to your pre-op arrival. You may brush your teeth. You may take blood pressure, heart, or anti-seizure meds **3** hours prior to procedure with a **SIP** of water. If you are diabetic, please check your blood sugar prior to your appointment.

1. Wear comfortable, easily removable clothing. Leave jewelry and valuables at home.
2. You **MUST** have someone **present with you** at your appointment to drive you home after the procedure. You may **NOT** take a cab home because you will be under anesthesia for this procedure. These policies are in place **for your safety**. You and your ride home should plan on being with us for approximately 2hrs. If you do not have a driver that is present with you in the office we will have to reschedule your procedure. If you need to use a medical transport service, let us know in advance and we can help to arrange one. The service we usually use costs approximately \$30 one way.

Tips/helpful hints:

1. Some patients begin having stools soon after beginning their prep; other patients find that it takes a few hrs before their first stool.
2. If you need to, apply Vaseline to the skin around your anus after every bowel movement if you experience irritation.
3. If you have any questions, please call **404-299-1679**.

Report To: 2675 N. Decatur Rd, Suite 506 or Dekalb Medical Center (Go through ER)

As a courtesy we will file your insurance for your Physician's Services and Dekalb Endoscopy Center charges. Your insurance carrier will process these according to your plan. Anesthesia services and Pathology Services are billed separately.