GATORADE AND MIRALAX

BOWEL PREPARATION

DO NOT FOLLOW THE PREP INSTRUCTIONS ON THE PRODUCT’S BOX OR THAT THE PHARMACY PROVIDES. YOU MUST FOLLOW OUR PREP INSTRUCTIONS AS WRITTEN IN THIS DOCUMENT.

Items you will need to obtain for preparation:

- Obtain Miralax from your pharmacy. It is okay to substitute a less expensive generic from brand name Miralax. It comes in a 8.3 oz (238 gm) bottle. No prescription is needed.
- Obtain Dulcolax laxative (not stool softener) from your pharmacy. You will need a total of 4 Dulcolax laxative tablets. It is okay to substitute a less expensive generic from brand name Dulcolax. No prescription is needed.
- Obtain a total of 64 ounces of Gatorade. You can either buy one 64 ounces bottle or two 32 ounce bottles. Please purchase only Orange or Lemon-Lime flavored Gatorade. If you are diabetic, you can try “G2” (low calorie Gatorade) or “Powerade Option/Zero” as another choice.

The day before your colonoscopy:

1. At 1:00 pm swallow 2 Dulcolax tablets.
2. At 5:00 pm mix entire container of Miralax powder with the 64 ounces of Gatorade. Make sure you shake it up so powder is fully dissolved. Begin drinking mix. Drink 8 ounces every 15 minutes.

If you start to feel nauseated, you can drink the mix more slowly. Some patients tell us that walking around helps relieve nausea.

Be sure to finish ALL of the bowel preparation solution; otherwise the colon may not be clear of stool.

3. At 8:00 pm swallow the 2 remaining Dulcolax tablets.