

## **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.