

 **Prima CARE**  
**GASTROENTEROLOGY DIVISION**

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## **COLONOSCOPY PROCEDURE**

### **“Split” MiraLax® / Gatorade® Preparation**

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**PURCHASE AT THE PHARMACY:** 64 oz. of Gatorade®, a box of Dulcolax®, and a 238 g bottle of MiraLax®

#### **ONE WEEK BEFORE THE PROCEDURE:**

1. Start avoiding foods with seeds, such as grapes, kiwi, pomegranate, and granola.
2. If you are taking a blood thinner and have not yet received instructions, please contact the office.
3. Ensure that you have a ride to and from the procedure center.

#### **THREE DAYS BEFORE THE PROCEDURE:**

1. If you are on iron, please discontinue this. If you're taking any cardiac medications, it is imperative that you continue to take them, including the morning of the examination. This includes aspirin, Ecotrin®, and blood pressure medications. Inform this office if you have had a vascular surgery graft within six months.

#### **TWO DAYS BEFORE THE PROCEDURE:**

1. You will be called for the procedure time, which may be subject to change. Please communicate this timing to the person giving you a ride.

#### **ONE DAY BEFORE THE PROCEDURE:**

1. **DO NOT EAT ANY SOLID FOOD ALL DAY.** This is important to ensure a good bowel prep. Instead, please drink clear liquids only. See the next page regarding your liquid diet the day before the procedure.
2. Mix the entire MiraLax® (238 g) with 64 ounces of Gatorade®. Shake the solution until the MiraLax® is dissolved.
3. At 5:00 p.m., take two Dulcolax pills and drink half of the Gatorade/MiraLax mix (32 oz.). Drink an 8 oz. glass every 10 minutes until it is gone. If you feel full or nauseated by drinking the solution, then slow down. You can drink any other clear liquid until midnight after you have finished the prep. Sometimes, the mix is easier to drink if chilled, over ice, or through a straw.
4. Continue hydrating with clear liquids ALL DAY to help flush out your system until midnight.
5. If you are diabetic, take one-half your usual dose of insulin or diabetic pills the day before the procedure and one-half the dose on the morning of the procedure.

#### **DAY OF THE PROCEDURE:**

1. **Nothing by mouth after midnight except for the remainder of your colon preparation.** Consume the remainder of the 32 oz. of Gatorade/MiraLax combo and two Dulcolax® tablets. It is extremely important that you complete this **6 hours** prior to your arrival time for the procedure, and then take nothing by mouth after that. This includes water, chewing gum, or mints. *Failure to follow this could result in delay or cancellation of the procedure to the risk of aspiration from swallowing liquids or foods.*
2. Always follow the instructions given to you by the office.
3. Do not take lactulose the day of the procedure.

You must have someone drive you to and from the procedure center. Uber, Lyft, or a taxi are the only acceptable forms of transportation if a responsible adult is with you.

**DATE:** \_\_\_\_\_ **LOCATION OF PROCEDURE:** \_\_\_\_\_

# CLEAR LIQUID DIET

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed. **No red or purple liquids should be consumed!**

Food Group	Foods Allowed	Foods to Avoid
Milk & beverages <i>No red or purple liquids!</i>	Tea (decaffeinated or regular), carbonated beverages, fruit flavored drinks	Milk, milk drinks
Meats & meat substitutes	None	All
Vegetables	None	All
Fruits & fruit juices	Strained fruit juices: apple, white grape, lemonade	Fruit juices with unstrained fruit
Grains & starches	None	All
Soups	Clear broth, consommé	All others
Desserts	Clear flavored gelatin or popsicles ( <i>no red or purple flavors</i> )	All others
Fats	None	All
Miscellaneous	Sugar, honey, syrup, salt, clear hard candy	All others