


# Colonoscopy Instructions - Miralax/Gatorade

## 1 Week Prior to Your Procedure

 **Medication instructions**  
Stop taking the following medications:

- Excedrin
- Advil
- Ibuprofen
- Aleve
- Meloxicam
- Motrin
- Iron supplements

If you are taking any of the blood thinners listed below, please consult your prescribing physician for specific instructions. Be sure to mention the date of your colonoscopy.

- Aggrenox
- Plavix
- Ticlid
- Effien
- Eliquis
- Coumadin (Warfarin)
- Pradaxa
- Xarelto
- Lovenox (enoxaparin)

### Diabetic patients

Please let us know if you have diabetes, and discuss this procedure with the physician who manages your diabetes. You will be fasting for this procedure and may need instructions on changes to your diabetes medications. Be sure to mention the date of your colonoscopy.

### Questions or Concerns?

Our Endoscopy Navigator is available to help you through this process. Call 704.671.7614 or 704.671.7629 for assistance.

### Check the Back of This Sheet

You may have been given additional instructions. Check the back of this sheet for more information and tips on low-fiber and clear liquid diets.

## 5 Days Prior to Your Procedure

### Begin a low-fiber diet

A low fiber diet is critical for achieving the most accurate results from your colonoscopy. Please refer to the back of this handout for detailed tips on a low-fiber diet.

### Purchase

- 64 oz. Gatorade
- Dulcolax 5mg tablets
- 238G Miralax Powder

**Call Registration at 704.834.2914 to pre-register for your visit.**




### Transportation


Make sure you have arranged for someone to come with you to your procedure. You will be given medication that will make you sleepy. You will be unable to drive. Without a driver, we will have to reschedule your procedure.

### Cancellations

If you are unable to keep your appointment, please call today to cancel. It will allow another patient the opportunity to be seen sooner, and you will avoid any “no show” or “late cancellation” fees that may apply.

## 1 Day Prior to Your Procedure

 **Expect a call**  
Our pre-anesthesia staff will call you to complete our medical preparation notes.

 **Begin a clear liquid diet**  
You may only have clear liquids today. Do not eat any solid foods. Please refer to the back of this sheet for helpful tips on maintaining a clear liquid diet.

### Prep solution instructions

- **At 12 p.m.** Take all 4 Dulcolax tablets.
- **At 6 p.m.** Mix MiraLax and Gatorade. Drink ½ of the liquid. Store the rest in the refrigerator.
- **Continue drinking** clear liquids throughout the night.

## Procedure Day \_\_\_\_\_

### Early Morning

Take only heart, blood pressure or anti-seizure medication with a sip of water. Hold all other medications until after your procedure.



### Maintain the clear liquid diet


You may have clear liquids until four hours before your procedure.

### Do not use any tobacco products

Six hours before your appointment, stop using cigarettes, chewing tobacco, snuff or vapes.

### Continue Prep Solution

- **Begin** drinking second half of prep solution at \_\_\_\_\_.
- **Finish** drinking prep by \_\_\_\_\_.
- **Stop** eating or drinking at \_\_\_\_\_.

 Your stools should now be mostly clear (like clear broth). Call our office if you have any concerns.

Expect your appointment to last between 1.5 and 2 hours.

### Remember to bring:

- Co-Pay
- Insurance Card
- Driver or companion
- Medication list
- Signed patient rights form
- Valid photo ID

### Diabetic Patients

Be sure to follow the instructions provided to you by the physician who manages your diabetes.

## Additional Information

The date of your procedure is: \_\_\_\_\_

Procedure time: \_\_\_\_\_

Arrival time: \_\_\_\_\_

Procedure Location: \_\_\_\_\_

## Notes/Special Instructions

## Questions or Concerns?

Our Endoscopy Navigator is available to help you through this process. Call 704.671.7614 or 704.671.7629 for assistance.

## Clear Liquid Diet Tips

The following foods and drinks are allowed on a clear liquid diet:

### Beverages

- Coffee (no cream or milk)
- Apple juice
- Ginger ale or Sprite
- Black tea (no cream or milk)
- Gatorade and other sports drinks (except red or purple)
- Lemonade (no pulp)
- Tea (sweet or unsweetened)
- White grape juice

### Soups

- Bouillon (beef, chicken, or veggie)
- Broth (plain)

### Desserts

- Fruit ice (except red or purple)
- Jell-O (except red or purple)
- Popsicles (except red or purple)

**Note:** Do not consume alcohol as it can result in renal disease and dehydration. Do not consume anything with red or purple food coloring.

## Low Fiber Diet Tips

Fiber is found in many foods. Eating a low fiber diet for several days before beginning your bowel prep is important to help reduce the amount of stool in your colon and to ensure an accurate and safe procedure.

### Please do not eat the following:

- All kinds of nuts
- All kinds of seeds
- Corn or popcorn
- Fiber fortified foods, breads and cereals
- Whole grain or multi-grain breads, muffins, cereals or bagels
- Beans, peas and lentils

## Prep Tips

- To improve the taste, mix the solution in the morning and refrigerate until 6 p.m. During cold weather, you may skip this tip because it can make you feel colder.
- Follow the prep solution with ginger ale to offset the after taste.
- Use a lemon drop in between sips.
- Use a straw to avoid as much contact as possible with your tongue.
- Do not force yourself to drink the prep solution all at once. Drink at your own pace in a 1-hour period.
- Put a drop of Crystal Light mix on your tongue after each drink.
- Sucking on hard candy can help offset the aftertaste.