

## Miralax Gatorade Bowel Preparation Instructions

Bowel preparation for a colonoscopy actually starts up to 1 week before, when you should stop taking certain medications or supplements and begin a low fiber diet. Please carefully read all your Provider's instructions at least 1 week before your exam.

Please review the links below.

[Bowel Preparation Overview for Colonoscopy](#)

[Low Fiber Food Chart](#)

[Clear Liquid Chart](#)

[Diabetes Medications](#)

Key instructions

- Your bowel must be empty so that your doctor can clearly view your colon. Follow all the instructions in the handout.
- DO NOT eat solid food the entire day before your colonoscopy. Drink only clear liquids.
- DO NOT have any liquids or anything by mouth starting three (3) hours before your procedure time.

Please purchase your bowel preparation kit 1 WEEK BEFORE your colonoscopy. The following are required supplies:

- Four (4) Dulcolax laxative tablets containing 5 mg of bisacodyl each. DO NOT purchase Dulcolax stool softener.
- One 8.3-ounce bottle of MiraLAX (238 grams)
- Two 32-ounce bottles of Gatorade. Do not use RED Gatorade.
- People with diabetes should use Gatorade G2. Do not use RED Gatorade G2.

The bowel preparation will be consumed in two parts.

Mix ½ of the MiraLAX bottle in each of the two 32-ounce Gatorade bottles until dissolved. Keep cool in the refrigerator.

### Part 1

At 5 pm on the evening before your colonoscopy, take four (4) Dulcolax tablets.

At 6 pm on the evening before your colonoscopy, begin drinking the first 32-ounce bottle of the mixed solution by drinking 8 ounces of the bowel preparation laxative mix every 15 minutes. After completing the mix, drink two (2) additional 8 ounces of clear liquids over the next 30 minutes. You may continue, and it is recommended that you drink clear liquids throughout the evening.

### Part 2

Five (5) hours before your scheduled procedure time, begin drinking the second 32-ounce bottle of the bowel preparation laxative mix by drinking eight (8) ounces of the mix every 15 minutes. After

completing the bowel preparation laxative mix, drink two (2) additional 8 ounces of clear liquids over the next 30 minutes. You may continue to drink clear liquids up to three (3) hours before your exam.

#### IMPORTANT INFORMATION BELOW

- Please remember to arrive at Carson Endoscopy Center one (1) hour before your scheduled procedure time.
- Please remember to have a responsible driver with you.
- Please remember NOT to drink any liquids or have ANYTHING by mouth starting three (3) hours before your scheduled procedure time.