

### MiraLax-Gatorade Preparation for Colonoscopy

**Before beginning the preparation, you must purchase from your local pharmacy the following:**

This does not require a prescription

- MiraLax 238 gms (available in a bottle; you may also purchase the generic called PEG 3350)
- Dulcolax tablets (not the stool softener)-you may need up to 4 tablets

#### **The day before the procedure:**

- Clear liquids for breakfast (see attached list)
- Clear liquids for lunch

MiraLax is an osmotic laxative used commonly in the treatment of occasional constipation. MiraLax has no sugar or sweetener, no taste, grit, or residue. When used as a colon preparation, it allows complete pre-procedure cleansing while minimizing patient discomfort. Please follow the instructions carefully.

- **4:00pm**-Take two (or four if you are chronically constipated) **Dulcolax** tablets at this time.
- **4:00pm** - Mix the entire 238g bottle of MiraLax (or the generic form glycolax) in 32 ounces of Gatorade or any other clear non-carbonated liquid. Please avoid red beverages as this may lead to confusion when the prep takes effect. This will form a light slurry. Please shake well.
- **5:00pm** – Drink 20 ounces, about half of the preparation. Refrigerate the remainder. Continue to drink other clear liquids (from list on the left below) until midnight.

#### **The day of the procedure:**

- By  – Finish drinking the remaining half of the preparation and more clear liquids.

**You should consume at least 3 cups of clear liquids between the doses of the prep and anytime before midnight. If you have any concerns while taking your prep, please call 410-955-6070 and ask for the GI Fellow on call.**

## **CLEAR LIQUID DIET**

### **THESE ITEMS ARE ALLOWED:**

Water

Clear broth: beef or chicken

Juices

- Apple juice or cider
- Prune juice
- Grape juice, White cranberry juice
- Tang, Hawaiian Punch, Kool-Aid
- Lemonade

Sodas

Tea

Coffee (without cream)

Clear gelatin (without fruit)

Popsicles (without fruit or cream)

Italian Ices

### **THESE ITEMS ARE NOT ALLOWED:**

Milk

Cream

Milkshakes

Tomato juice

Orange juice

Cream soups

Any soup other than the listed broth

Oatmeal

Cream of Wheat

Grapefruit juice

**PLEASE NOTE:** It is **extremely important** to follow the preparation listed above, so that the doctor will be able to see your entire colon. Your colon must be clear of any stool. Inadequate preparation limits the value of this procedure and could necessitate rescheduling of the examination.

***\*If you need to reschedule or cancel your appointment, please call 410-502-0793.***

