

MIRALAX/GATORADE PREPARATION FOR COLONOSCOPY

YOU WILL NEED TO PURCHASE A 235 GRAM BOTTLE OF MIRALAX AND 8 DULCOLAX TABLETS AT ANY LOCAL PHARMACY. IN ADDITION, PLEASE PURCHASE A 64 OZ BOTTLE OF CLEAR OR LIGHT COLORED GATORADE (NO RED, PURPLE, OR BLUE).

ONE WEEK PRIOR TO PROCEDURE:

YOU WILL NEED TO STOP PRESCRIPTION BLOOD THINNERS FOR 5 DAYS PRIOR TO THE PROCEDURE. YOU MAY CONTINUE ASPIRIN 81MG. YOU WILL NEED TO STOP FISH OIL AND IRON (EVEN IN MULTIVITAMINS) FOR 5 DAYS PRIOR TO PROCEDURE

ONE DAY PRIOR TO PROCEDURE: DRINK ONLY CLEAR LIQUIDS FOR BREAKFAST, LUNCH, AND DINNER. NO SOLID FOODS, MILK, OR MILK PRODUCTS ARE ALLOWED. YOU MAY CHEW GUM OR SUCK ON HARD CANDY. CLEAR LIQUIDS INCLUDE: CLEAR FRUIT JUICES, WATER, CLEAR BROTH OR BOULLION, COFFEE, OR TEA, WITHOUT MILK OR CREAMER, GATORADE, SOFT DRINKS, JELL-O, AND POPSICLES (NOTHING RED PURPLE OR BLUE).

INSTRUCTIONS:

AT 3:00 PM, TAKE 20mg of DULCOLAX TABLETS WITH 8OZ CLEAR LIQUID
AT 5:00PM, MIX THE 235G BOTTLE OF MIRALAX WITH THE 64 OZ GATORADE IN A 2 QUART PITCHER AND BEGIN TO DRINK AN 8OZ GLASS EVERY 15 MINUTES UNTIL YOU HAVE FINISHED THE ENTIRE AMOUNT.

AT 8:00 PM, TAKE 20 mg of DULCOLAX TABLETS WITH 8OZ CLEAR LIQUID.

YOU CAN HAVE CLEAR LIQUIDS ONLY UNTIL MIDNIGHT

DO NOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT. YOU MAY HAVE A DRINK OF WATER TO TAKE MEDICATION WITH THE MORNING OF THE PROCEDURE.

MEDICATION THAT CAN BE TAKEN THE MORNING OF THE PROCEDURE INCLUDE THYROID MEDICATIONS, CARDIAC MEDICATIONS, AND SEIZURE MEDICATIONS AS WELL AS MEDICATION FOR SEVERE ANXIETY.

YOU MAY WANT TO USE VASELINE OR A&D OINTMENT TO PREVENT IRRITATION. YOU MAY ALSO USE TUCKS OR BABY WIPES.

IF YOU ARE DIABETIC, TAKE ONLY ½ OF YOUR USUAL DOSE OF INSULIN. IF YOU TAKE IT TWICE DAILY, DO NOT TAKE YOUR PM DOSE. DO NOT TAKE DIABETIC MEDICATION OR INSULIN SHOTS ON THE MORNING OF THE PROCEDURE.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT

1. PLEASE BRING SOMEONE WITH YOU TO DRIVE YOU HOME AFTER YOUR PROCEDURE. THEY MUST STAY WITH YOU. THEY CAN'T DROP YOU OFF AND LEAVE

IF YOU HAVE, ANY QUESTION CONTACT DR VEERA'S OFFICE AT 864-224-8689