

MIRALAX/GATORADE PREPARATION

It is advisable that someone be with you during this preparation process for safety reasons:

- A. Approximately two to three days before the procedure we advise you to eat on the lighter side avoiding fruits and vegetables - drink lots of liquids - light diet, consists of chicken, fish, pasta, white bread, etc.
- B. **The day before the procedure:**
1. Restrict your diet to clear liquids. Water, clear fruit juices, bouillon, jello, soda, coffee or tea, (no milk or milk products), **gatorade** (low calorie), popsicles, lemon ice. **No solid food whatsoever.**
 2. You may take all of your usual medications **except blood thinners** (Coumadin, Persantine etc.) and **aspirin type products** (Advil, Motrin, Ibuprofen, etc.) which should have been stopped prior to the procedure. (See below)
 3. You will be using a laxative called **MIRALAX 238g bottle. This is an over the counter product.** You will also need 32 oz of a **GATORADE** product, low calorie and low sugar, any flavor.
 4. At 5:00 pm you will mix the **Miralax and Gatorade** and begin drinking. This **MUST** be finished in **1/2 HOUR.**
 5. At bedtime, please take 4 **Dulcolax** tabs (this is also over the counter)
 6. Continue to drink as much clear liquids as possible until bedtime. Do not eat or drink anything after midnight.
 7. **Do not omit any part of the preparation. A poor preparation may cause a polyp or cancer to go undetected.**
- C. **On the Day of the Procedure:** do not eat or drink anything, however, you may take your routine medicine e.g. cardiac &/or hypertension medication with a small sip of water. **PLEASE BRING ANY INHALERS WITH YOU.**

IMPORTANT

- *If you take blood thinners, e.g., aspirins, Persantine, dipyridamole or non-steroidal anti-inflammatories, e.g., Motrin, Advil, Feldene, Plavix, Trental, Voltaren, Vioxx, Daypro, Aleve, Vitamin E, Gingko, Flaxseed/Fish Oil, Celebrex, Bextra, Mobic, Multi-Vitamins and all other herbal supplements they **MUST** be stopped **ONE (1)** week prior to this procedure.
- *If you take blood thinners, Coumadin (Warfarin), please call your physician to ask for permission to stop this **FIVE (5)** days prior to procedure.
- *If you take antibiotics prophylactically for any dental procedure, please notify this office. *Note: Mitral Valve Prolapse is no longer considered to be an indication for antibiotic prophylaxis for Colonoscopy of upper endoscopy.* If you have had recent orthopedic surgery (knee replacement) please check with your surgeon if it is necessary for you to take antibiotics prior to this procedure.
- *If you have a cold (upper respiratory infection) days prior to this procedure please call this office and perhaps cancellation and rescheduling will be necessary.
- *If there is a chance, no matter how slim, that you might be **PREGNANT** we **MUST** be notified and your colonoscopy will be cancelled. If you are an **INSULIN DIABETIC** please check with your physician on **INSULIN** dose for the day of your preparation. We recommend that your colonoscopy time be scheduled as first in the morning bringing with you to the office your insulin but again please check this with your physician.