

Gastroenterology Office
1231 Pine Grove Ave Suite 2A
Port Huron, MI 48060
810-982-8742

MIRALAX/GATORADE COLONOSCOPY PREP

SUPPLIES TO PURCHASE

- 1 238 gm bottle of Miralax 8.4oz (Over the counter)
- 4 Dulcolax tablets (Over the counter)
- 2 32 oz bottles of Gatorade or Powerade (no red, blue or purple)

Prior to the procedure day:

- It is required that you arrange for a driver to take you to and from the hospital or your procedure **will** be rescheduled. The hospital will call the day before with your arrival time.
 - You **must discontinue** the following medications **2 days before** your procedure:
Eliquis Lovenox Pradaxa Xarelto
 - You **must discontinue** the following medications **5 days before** your procedure:
 - Aggrenox Aspirin Brilinta (Generic: Ticagrelor) Trental Pletal (Cilostazol)
 - Coumadin Effient Plavix (Generic: Clopidogrel) Iron/Multivitamin w/Iron
- *If you take Coumadin, Plavix, Brilinta or Effient, please consult with your prescribing doctor as to a safe discontinuation date.**

- **You must be on a clear liquid diet the entire day before your procedure.**

For your clear liquid diet try water, chicken broth, beef broth, Jell-O (not red, purple or blue), coffee(no creamer or milk), tea(iced or hot/no milk), white grape juice, apple juice, 7-Up, Sprite, Mountain Dew, Popsicles (not red, blue or purple), lemonade or limeade (no pulp).

- **Please complete the following steps the day prior to your procedure day:**

12:00pm Take 2 Dulcolax tablets with water

4:00pm Mix entire bottle of Miralax with 2 bottles of Gatorade in a large pitcher. Shake until dissolved. **Drink one 8 oz glass of the solution every 20-30 Minutes until it is gone.**

8:00pm take the last 2 Dulcolax tablets with 8 ounces of water

You can have nothing to eat or drink after midnight.

Hospital: _____ **Physician:** _____ **Date:** _____