

TWO-DAY
BOWEL PREPARATION FOR YOUR COLONOSCOPY
WITH MIRALAX/GATORADE

Date of Procedure: _____

Location:	Pt. Jefferson Office	Mather	St. Charles	St. Catherine
	331-7200	476-2715	474-6285	862-3000

YOU WILL NEED TO BUY:

- (2) 238 g. bottles of Miralax
- (2) 64 oz. bottles of Gatorade (no RED, BLUE, or PURPLE)
- (4) Dulcolax Tablets

NOTE: FOR ONE WEEK PRIOR TO THE PROCEDURE: AVOID ASPIRIN, ADVIL, ALEVE, MOTRIN, ECOTRIN, AND CELEBREX. ALSO AVOID BLOOD THINNING MEDICATIONS SUCH AS COUMADIN, PLAVIX, MULTI-VITAMIN, VITAMIN E, FISH OIL AND ALL SUPPLEMENTS. ONLY TYLENOL IS ALLOWED.

If your procedure is at the office, we will call you up to a week prior with your time. If you are scheduled on a Monday at the hospital, call on the Friday before. If any other day at the hospital, call the day before. If your procedure is at Mather, call 476-2717 between 3:00-6:00 pm, St. Charles call 474-6285 after 4:00 pm, and St. Catherine call 862-3636 between 1:30-3:30 pm.

TWO DAYS BEFORE THE PROCEDURE

Start a clear, liquid diet after dinner. Solid foods, milk or milk products are not allowed. Clear liquids include water, black coffee, tea, clear fruit juices without pulp (such as apple or white grape), beef or chicken bouillon, carbonated beverages, lemonade, Gatorade, lemon-lime, orange or peach Jello, popsicles and hard candy (nothing RED, BLUE or PURPLE).

At 5:00 pm - mix the entire bottle of Miralax into the bottle of Gatorade. Make sure it is well dissolved. Begin drinking the Gatorade mix, having one 8 oz. glass every 10-15 minutes until it is finished. Continue drinking clear liquids.

DAY BEFORE THE PROCEDURE

Stay on a liquid diet for the entire day. Solid foods, milk or milk products are not allowed. Clear liquids include water, black coffee, tea, clear fruit juices without pulp (such as apple or white grape), beef or chicken bouillon, carbonated beverages, lemonade, Gatorade, lemon-lime, orange or peach Jello, popsicles and hard candy (nothing RED, BLUE or PURPLE).

At 5:00 pm - mix the entire bottle of Miralax into the bottle of Gatorade. Make sure it is well dissolved. Begin drinking the Gatorade mix, having one 8 oz. glass every 10-15 minutes until it is finished.

At 9:00 pm – take all four Dulcolax pills at once with water. Continue to drink as much water as possible until bedtime. **NOTHING AFTER MIDNIGHT.**

THE DAY OF THE PROCEDURE

Do not have ANYTHING in the morning of the procedure including water and chewing gum.

If you take **heart** or **blood** pressure medications in the morning, you may take them as usual with a sip of water. **HOLD** other medications until after the procedure, unless otherwise directed by your physician.

Wear loose clothing with a short sleeved shirt. No perfume, cologne, make-up or jewelry.

A friend or relative MUST drive you home after the procedure. You will not be able to drive or work until the following day.

If you have any questions, please call our scheduling department at (631) 331-7200, ext. 236 Kathleen.

