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**PREPARATION FOR COLONOSCOPY** (Gatorade/Miralax prep)

**Purchase** at pharmacy: 4 Dulcolax (bisacodyl 5 mg) tablets, 238 gram bottle of Miralax, and 64 oz. Gatorade (not red).

- If you regularly take Plavix (clopidogrel), stop this medication 14 days prior to colonoscopy.
- If you regularly take Coumadin (warfarin), stop this medication for \_\_\_\_\_ days prior to colonoscopy.
- Do not take medicines containing aspirin (ASA) for 7 days prior to colonoscopy.  
(Includes Alka-Seltzer, Anacin, Ascriptin, Ecotrin, Empirin, Excedrin, Halfprin).
- Do not take any anti-inflammatory medicines for 2 days prior to colonoscopy.  
(Includes Advil, Aleve, Anaprox, Daypro, Diclofenac, Etodolac, Ibuprofen, Indocid, Ketoprofen, Ketorolac, Lodine, Motrin, Naprosyn, Nuprin, Relafen, Toradol, Voltaren).  
If pain relief is needed, use Tylenol (acetaminophen).
- In order for colonoscopy to take place, the colon must be absolutely clean.
  - For two days prior to colonoscopy, avoid salads, fruit peels, beans, and corn.
  - For one day prior to colonoscopy, avoid the following:
    - Bulk laxatives (Metamucil, Citrucel, Konsyl, Fibercon, Benefiber, Bran, Effersyllium)
    - Stool softeners (Colace, Pericolace, Doxidan, Dialose, Surfak, Docusate)
    - Iron-containing vitamins (Multivitamins with iron, Geritol)
  - Starting on the morning of the day before colonoscopy, begin a clear liquid diet, which includes the following:
    - Bouillon and clear or light colored soups or broths
    - Black coffee or tea
    - Jello® (no fruit or toppings)
    - Fruit juices with no pulp
    - Popsicles®
    - Gatorade
    - Hard candy
    - Carbonated beverages
  - Do not eat or drink anything colored red or purple.
  - Avoid solid food other than hard candy or Popsicles.
  - Avoid dairy products including milk, cheese, ice cream, and yogurt.
- Starting in the afternoon on the day prior to colonoscopy:
  - At 3 p.m., take the 4 Dulcolax (bisacodyl 5 mg) tablets with a glass of water.
  - At 5 p.m., mix the 238 gram bottle of Miralax in 64 oz. of cold Gatorade. Shake the solution until the Miralax is dissolved. Drink an 8 oz. glass of the solution every 30-45 minutes until it is gone.
  - Continue to drink all the clear liquids you desire, up until midnight.
- You may apply some Anusol or vaseline around the anus if the anal area becomes sore due to passage of liquid stool.
- Do not eat or drink anything after midnight the night before colonoscopy. Take your regular heart or blood pressure medications in the morning with a small sip of water. If you are diabetic, measure your blood sugar the night before and the morning of colonoscopy; if the sugar is low, you may have some juice. Do not take insulin or diabetic medications until after the procedure.
- Report to \_\_\_\_\_ admissions desk at \_\_\_\_\_ on \_\_\_\_\_.
- You will be sedated for the exam and will not be able to drive for the rest of the day. Bring someone with you who can drive you home.