



**Marietta Memorial Hospital Department of Gastroenterology**  
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## Miralax & Gatorade Prep for Colonoscopy

**\*\*\*You will need an 8.3oz bottle of Miralax, 4-Bisacodyl 5mg tablets (over the counter NO prescription needed), and 64oz of Gatorade (or any clear liquid of your choosing)\*\*\***

### 1 DAY PRIOR TO PROCEDURE

- Begin a clear, liquid diet** (i.e clear soup broth, lemon/lime Jell-O, water, coffee, tea, Sprite, Ginger-Ale, apple juice/white grape juice). Avoid liquids with red, orange, blue, or purple food coloring as well as milk, alcohol, and solid foods.
- Drink at least 8 glasses of water** during the day to avoid dehydration.
- Mix 64 ounces of a clear liquid\* with 8.3 ounces of Miralax** (can be purchased over the counter) and place in the refrigerator. Do not add ice.
- 12PM: Take 4 Bisacodyl (laxative) tablets by mouth.** These can be purchased over the counter.
- 3PM: Drink one 8 ounce glass of the Miralax solution every 15 minutes** until the mixture is entirely consumed.

### DAY OF PROCEDURE

- Avoid eating or drinking** unless you have been instructed otherwise.
- Take necessary medications** with a small sip of water.
- Arrive at the hospital** at your specified procedure time.
- Bring a trusted individual with you or have them arrive following your procedure to drive you home. **You are required to have a driver.**

### WHAT TO EXPECT

- Mild nausea or abdominal fullness which is tolerable
- Hunger which is tolerable
- Profuse watery bowel movements

**\*We suggest using Gatorade, but other clear liquids can be used.\***



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**-If you are on a blood thinner (ie: Xarelto, Plavix, Coumadin, Eliquis, Effient, or Brillinta), our clinical staff will contact your prescribing provider for instructions. You will be notified prior to your procedure via phone or mail.**

**-Check with office if on diabetic medications/insulin. These may need adjusted for the procedure.**

You may continue your daily Aspirin or pain medications up until the day of your procedure

If you use an inhaler, use it the morning of your procedure and bring it with you to the hospital

If you are diabetic, please use sugar free products. If you take insulin, cut insulin dose in half during your prep. NO insulin on day of procedure

No vitamins or herbs 7 days prior to procedure

Do not take Ibuprofen or Aleve for 5 days before your procedure. You may take Tylenol.

**YOU WILL RECEIVE A CALL THE DAY BEFORE YOUR PROCEDURE, NOTIFYING YOU OF WHAT TIME YOU ARE TO ARRIVE. IF YOU ARE SCHEDULED ON A MONDAY THEN YOU WILL BE CALLED ON THE FRIDAY BEFORE.**

**Call our office or go to emergency room if you experience Intolerable nausea and/or vomiting, abdominal pain, blood in stool, or any other concerning symptoms.**

**This prep is available over the counter.**