

Miralax Gatorade Bowel Preparation Instructions

Bowel preparation for a colonoscopy typically begins up to 1 week before, when you should discontinue taking certain medications or supplements and start a low-fiber diet. Please carefully read all of the instructions at least 1 week before your procedure.

Please review the links below.

[Bowel Preparation Overview for Colonoscopy](#)

[Low Fiber Food Chart](#)

[Clear Liquid Chart](#)

[Diabetes Medications](#)

Key instructions

- Your bowel must be empty so that your doctor can clearly view your colon. Follow all the instructions in the handout.
- DO NOT eat solid food the entire day before your colonoscopy. Drink only clear liquids.
- DO NOT have any liquids, including water, starting three (3) hours before your procedure time.

Please purchase your bowel preparation kit 1 WEEK BEFORE your colonoscopy. The following are your supplies for your bowel preparation:

- Four (4) Dulcolax Laxative tablets (green box), containing 5mg of bisacodyl/tablet. DO NOT purchase Dulcolax stool softener.
- One 8.3-ounce bottle of MiraLAX (238 grams)
 - Generic MiraLAX is OK to use.
- 64-ounces of Gatorade. DO NOT use RED or PURPLE.
- People with diabetes should use Gatorade G2 or G-Zero.

The bowel preparation will be consumed in two parts.

Mix $\frac{1}{2}$ of the MiraLAX bottle into 32-ounces of Gatorade until dissolved, repeat this step. You should have two 32-ounce mixtures. Keep cool in the refrigerator.

Part 1

- At 5 pm on the evening before your colonoscopy, take four (4) Dulcolax tablets.
- At 6 pm the evening before your colonoscopy, start drinking the first 32 ounces of the mixed solution by consuming 8 ounces every 15 minutes. After finishing the

mixture, drink two additional 8-ounce servings of clear liquids over the next 30 minutes. You may continue, and it's recommended that you drink clear liquids throughout the evening.

- **You will still start at 6 pm, even if your colonoscopy is early in the morning.**

Part 2

- Five (5) hours before your scheduled procedure, start drinking the second 32-ounce portion of the bowel preparation by consuming eight (8) ounces of the mix every 15 minutes.
- After finishing the bowel preparation, drink two (2) additional 8-ounce servings of clear liquids over the next 30 minutes. You may continue to consume clear liquids up to three (3) hours before your exam.

IMPORTANT INFORMATION BELOW

- Please remember to arrive at Carson Endoscopy Center one (1) hour before your scheduled procedure time.
- Please remember to have a responsible driver with you.
- Please remember NOT to drink any liquids or have ANYTHING by mouth starting three (3) hours before your scheduled procedure time.