

# MIRALAX-GATORADE COLONOSCOPY PREP INSTRUCTIONS

PATIENT NAME: \_\_\_\_\_ PROCEDURE DATE: \_\_\_\_\_ ARRIVAL TIME AT FACILITY: \_\_\_\_\_

PHYSICIAN: \_\_\_\_\_ FACILITY PROCEDURE TIME: \_\_\_\_\_ LOCATION: *As Indicated Below*

**CALL YOUR GI DOCTOR'S OFFICE 214-496-1100 (answered 24/7) –  
IF YOU NEED TO CANCEL OR RESCHEDULE YOUR PROCEDURE.**

**Also call us if you have questions about your upcoming procedure or colon prep instructions.**

**TUSCAN SURGERY CENTER AT LAS COLINAS**

701 Tuscan Dr Ste 100 Irving, Texas 75039

**Medical City Las Colinas**

6800 N MacArthur Blvd Irving, Texas 75039

**Baylor Scott & White Irving**

1901 N MacArthur Blvd Irving, Texas 75061

**Medical City Dallas**

7777 Forest Ln Bldg A-242 Dallas, Texas 75230

## GENERAL INSTRUCTIONS:

- **DISREGARD DIRECTIONS INCLUDED WITH YOUR PREP PRESCRIPTION. FOLLOW ONLY THESE INSTRUCTIONS!**
- Pay close attention to the **DIET AND MEDICATION INSTRUCTIONS BELOW**. You may be making medication or diet changes up to **7 DAYS** prior to your procedure.
- **Take nothing to eat or drink after midnight the evening before your procedure other than your bowel prep liquids and any approved medications.**
- **TAKE NOTHING BY MOUTH AT ALL DURING THE 3 HOURS PRIOR TO YOUR PROCEDURE.**
- **If you do not follow these directions your prep may be poor, and your colonoscopy WILL BE CANCELLED.**

## 5-7 DAYS BEFORE THE EXAM:

- **BLOOD THINNERS:** You will likely have to stop prescription BLOOD THINNERS prior to your exam.
- Follow instructions given to you about any changes to your medications. Your doctor will tell you how long you will need to be off the blood thinners before and after the exam. Unless instructed otherwise, **DO NOT** stop your baby aspirin (81 mg).
- Discontinue **fiber supplements** and any medications containing **iron** (Metamucil, Citrucel, multivitamins with iron, etc).

## 3 DAYS BEFORE THE EXAM:

- Stop eating all high fiber foods: No raw fruits or vegetable, whole grain wheat or multi-grain foods, nuts, popcorn, seeds, beans, lentils, bran, bulking agents.
- Discontinue NSAIDs, prescription and over-the-counter. (i.e. Motrin, Advil, Celebrex etc.)

## THE DAY BEFORE THE EXAM:

- **MEDICATIONS:**
  - Unless instructed otherwise by your physician, continue to take all your medications as prescribed.
  - **DIABETES MEDICATIONS:**
    - **IF YOU ARE DIABETIC**, contact your endocrinologist or primary care doctor who manages your diabetes medications to get instructions on how to take your medications when you are fasting on the day of the prior and the day of your colonoscopy procedure.
    - **EXCEPTION: IF YOU HAVE DIABETES AND ARE TAKING ONLY ORAL DIABETES MEDICATION** continue to take your oral medication the day prior to the procedure but **hold the medication the day of the procedure until you are able to eat**. Continue to test your sugar levels.

## MIRALAX-GATORADE COLONOSCOPY PREP INSTRUCTIONS

- CLEAR LIQUID DIET:
  - TAKE ONLY A CLEAR LIQUID DIET THE ENTIRE DAY PRIOR TO YOUR EXAM.
  - **NO SOLID FOODS.**
  - You may continue on the clear liquid diet **up until midnight.**
  - Start drinking liquids in the morning before your exam, and drink throughout the entire day.
  - Do not just drink the liquids recommended to be taken with your prep. The more you drink on the day prior to your procedure, the better your prep will be.
  - NO solids, or milk products.
  - NO alcohol on the day before or the day of the procedure.
- A CLEAR LIQUID DIET IS:
  - **NO RED, PURPLE and BLUE LIQUIDS!**
  - Strained fruit juices without pulp (apple, lemonade, white grape)
  - Water,
  - Gatorade, popsicles, snow cones, Jell-O (no fruit added, plain Jell-O only)
    - **PERMITTED GREEN, YELLOW, ORANGE**
  - Carbonated soft drinks permitted are clear and colas only (coke, pepsi, lemon-lime, ginger ale).
  - Clear broth and bouillon permitted
  - Coffee or tea WITHOUT creamer/milk.

### MIRALAX-GATORADE PREP MIXING AND DOSING INSTRUCTIONS

MIXING INSTRUCTIONS FOR MIRALAX-GATORADE: **Mix one bottle (238 gms) of Miralax with 64 oz (1/2 gallon) of Gatorade in the morning.** DO NOT USE RED, ORANGE, or PURPLE! Place in the refrigerator to chill.

**Drink Entire Prep – Starting between 5:00 and 6:00 pm the evening before your procedure:**

1. Begin drinking the Miralax - Gatorade solution in the late afternoon.
2. Start between 5:00 PM and 6:00 PM the evening before your procedure.
3. Drink one 8-oz glassful every 10 to 20 minutes.
4. It is best to drink each glass quickly rather than sipping.
5. The entire prep should be consumed within 2 to 4 hours.
6. Be sure to drink ALL OF the solution. If you are not properly cleaned out for your procedure, you will have to be rescheduled or the doctor may not be able to properly diagnose any potential issues.
7. After consuming the prep, you should continue to drink clear liquids permitted. An additional 32 ounces of any approved clear liquids should be consumed before going to bed.

**REMEMBER:** Nothing by mouth after 12:00 Midnight the night prior to procedure (other than allowed medications with a small sip of water).

### DAY OF EXAM:

- **MEDICATIONS:** Continue to take your heart, blood pressure, asthma and seizure medications. Take them with only a small sip of water 2 hours or more before your procedure.
- Otherwise, **NOTHING** BY MOUTH, within 3 hours of your arrival at the facility except any approved medications as above.
- The second dose of prep must be finished **3 hours prior** to your scheduled arrival time at the facility.
- You will be in recovery for 30-60 minutes after the exam.
- **AFTER YOUR PROCEDURE, YOU WILL NEED A DRIVER TO RETURN HOME. THIS CANNOT BE PUBLIC TRANSPORTATION SUCH AS UBER, LYFT, TAXI, ETC.**