COLONOSCOPY: GATORADE/MIRALAX INSTRUCTIONS

Name: 
Check-In Time: 
Appointment date: 
Appointment time: 
Location: 

- For questions, contact the Digestive Diseases Clinic at 214-645-0595 from 8 am to 5 pm Monday to Friday. After 5 pm, you will reach the on-call physician at 214-645-0595.

- Bring your insurance card and a picture ID, leave all other valuables home, and expect the procedure to take about 3 to 4 hours.

- Children under 12 are not allowed in the waiting room. Please make other childcare arrangements.

- You **MUST** have a responsible adult to take you home. We cannot let you leave on your own or in hired transportation (such as a cab or a ride-hailing service). Your responsible party will be notified in the waiting area or called when you are ready to leave.

- If you have diabetes and taking insulin, please call your prescribing physician for instructions.

- Please inform our office at least **14 days** before your procedure date if you are taking any of the following **blood thinners**: warfarin (Coumadin), clopidogrel (Plavix), prasugrel (Effient), dipyrida-as (Aggrenox), dipyridamole (Persantine), ticagrelor (Brilliata), cilostazol (Pletal), ticlopidine (Ticlid), pentoxifylline (Trental), anagrelide (Agrylin), edoxaban (Savaysa), fondaparinux (Arixtra), dabigatran (Pradaxa), betrixaban (Bevvyxxa). You may require further instructions.

- If you are taking **weight loss medications**, please **HOLD** them as noted below:
  - 7 days before the procedure: Adipex, Lomira, Qsymia (combo with topiramate), Belviq
  - 3 days before the procedure: Bontril, Melfiat, Plenity
  - The morning of the procedure: Vyvanse

- You will receive a call from the pre-surgery testing nurse approximately 5 - 7 days before your procedure. If you pass their pre-screen and have been fully vaccinated, you will not be required to take a COVID-19 test.
• If you do not pass the screen or have not been fully vaccinated, then a COVID-19 test will be required 48 - 72 hours before your procedure.
• HOLD any NSAIDs, such as ibuprofen (Advil, Motrin), naproxen (Aleve), and over-the-counter herbs or supplements for 7 days before the procedure to reduce the risk of bleeding.
• HOLD ferrous sulfate (iron supplement) or any multivitamin containing iron for 5 days before your procedure.
• HOLD Imodium, and any anti-diarrheal meds, for 2 days before your procedure.
• You may drink only 20 ounces of clear liquids (strained fruit juices without pulp, broth, water, Gatorade, Popsicles, Jell-O, coffee, or tea with no creamer) the morning of your procedure, in addition to your colon prep.
• If you become nauseated drinking the prep, you may take ondansetron (anti-nausea pill), as directed on the prescription.

5 days before the procedure date

• Go to the grocery store or pharmacy and purchase the following: Miralax 8.3 oz. (238 gm container), Dulcolax (bisacodyl) 5 mg tablets, and 64 oz. of Gatorade (any flavor). If you have diabetes, you may purchase Powerade Option instead.
• Pick up ondansetron, anti-nausea prescription from your pharmacy.
• It is OK to keep taking aspirin

3 days before the procedure date

• Stop eating high-fiber foods that are hard to clean out, such as salads, broccoli, corn, greens, nuts, and seeds.

1 day before the procedure date

Drink ONLY clear liquids ALL DAY—NO SOLID FOODS.

• Drink at least 8 glasses of clear liquids throughout the day.
• At 12:00 pm: Swallow 4 Dulcolax (bisacodyl) 5 mg tablets.
• At 5:00 pm: Mix the entire container of Miralax in 64 oz. of Gatorade. Shake the solution until Miralax has dissolved. You may refrigerate or add ice.
• Start drinking 8 ounces every 15 minutes until HALF the bottle (32 oz) has been completed. Gulp it down. DO NOT SIP.
• If you become nauseated, take ondansetron (anti-nausea pill), as directed.
• Stay near a toilet. Over the next several hours, you will have diarrhea, which can be sudden, which is the purpose of this process is to empty your colon.
• You may have skin irritation from frequent wiping with toilet paper. We recommend either Vaseline or Tucks Wipes to treat any tenderness.
• At night, take any prescription medication that you usually take.
Day of procedure

- Do NOT chew gum or eat mints the day of the procedure.
- Do NOT eat solid foods. ONLY clear liquids are allowed up to 4 hours before your procedure time. Then do not eat or drink after that.
- **On the morning of the procedure**, take any prescription medication you usually take in the morning, unless our clinic or your prescribing physician has instructed you otherwise.
- **If you become nauseated**, take ondansetron (anti-nausea pill), as directed.
- **5 hours before procedure time**: Finish the second half of the Gatorade/Miralax. Gulp it down. DO NOT SIP.
- You must drink all the prep at least **5 hours before** your procedure time
- You must stop drinking clear liquids **4 hours before** your procedure time
- You should be passing clear or clear yellow liquid from your rectum. If not, please call our office for further instructions.
  - Contact the Digestive Diseases Clinic at 214-645-0595