

Gatorade/Miralax Colon Cleanse Instructions

Pre-Procedure Instructions

Name:

Check-In Time:

Appointment date:

Appointment time:

Location:

Provider:

For questions, contact the Digestive and Liver Clinic at 214-645-0595 from 8 a.m. to 5 p.m. Monday to Friday. After 5 p.m. you may contact the on-call provider in the Digestive and Liver Clinic at 214-645-0595.

5 days before

- Arrange for someone to pick you up following your appointment. You will not be able to drive.
- 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 are diabetic, you may purchase Powerade Option instead.
- Stop taking iron pills.
- Stop eating foods that are hard to digest such as corn, greens, nuts and seeds.
- It is **OK** to keep taking aspirin
- For patients with diabetes who are taking insulin, please call your prescribing physician for instructions.
- Please inform our office if you are taking blood thinners such as Effient, Eliquis, Pradaxa, Plavix, Xarelto, or Coumadin. You may require further instruction.

3 days before

- Stop eating foods that are hard to digest such as corn, greens, nuts and seeds.

1 day before

Drink **ONLY** clear liquids **ALL DAY**. **NO SOLID FOODS**.

- Clear liquids include strained fruit juices (no pulp): apple, white grape, broth, water, Gatorade, Popsicles, Jell-O, coffee or tea (with no creamer).
- Avoid liquids that contain red, blue or purple artificial dyes.
- Drink at least 8 glasses of clear liquids throughout the day.
- Take any prescription medication that you normally take, unless you have been instructed otherwise by our clinic.
- **At noon:** Swallow four of the Dulcolax (bisacodyl) 5 mg tablets.
- **At 5:00 pm:** Mix entire container of Miralax in 64 oz. of Gatorade. Shake solution until Miralax is dissolved. Start drinking 8 oz. every 15 minutes until **HALF the bottle (32 oz)** is consumed. Drink it quickly. **DO NOT SIP**. If you become nauseated, you may drink the solution more slowly. You may refrigerate or add ice.
- Stay near a toilet. Over the next several hours, you will have diarrhea, which can be quite sudden. This is normal, as 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 normally take.

Day of procedure

- **5 hours prior to appointment time:** Finish the second half of the Gatorade/Miralax. Drink it quickly. DO NOT SIP.
- You must consume all the prep at least **4 hours before** your procedure time.
- Again, do not eat solid food. Drink **ONLY** clear liquids up to 2 hours before your procedure, then do not eat or drink anything.
- You should be passing clear or clear yellow liquid from your rectum. If not, please call our office for further instructions.
 - Contact the Digestive and Liver Clinic at 214-645-0595

The morning of the procedure, take your usual medicines with a few sips of water. Follow the instructions provider gave you regarding insulin.

Upon arrival

- Bring your insurance card and a picture ID but leave all other valuables at home.
- Expect the procedure to take about 3 to 4 hours total.
- Children under 12 are not allowed in the waiting room. Please make other arrangements for childcare.
- 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.