

**Instructions to Clean Your Colon
Gatorade/Miralax Split Prep**

Name:
Appointment Date:
Check in time:

Clinic Phone: 214-645-0595
Provider:
Location:

| 5 Days Before | 1 Day Before | Procedure Day |
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| <ul style="list-style-type: none"> • Follow directions for procedures scheduled after 12:00pm. • Confirm your ride. • Purchase Miralax 8.3 oz(238 gm container), 64 oz. Gatorade and bisacodyl(Dulcolax) laxative tablets. 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, seeds and nuts. • It is OK to keep taking Aspirin • <i>Please inform our office if you are taking blood thinners such as Prasugrel(Effient), Epixaban (Eliquis),Dabigatran (Pradaxa), Clopidogrel (Plavix) Xarelto, Coumadin for further direction.</i> • Insurance : You will receive 2 phone calls, one from the physician’s office and one from the facility explaining how much you have to pay. | <p align="center"><u>Drink ONLY Clear Liquids ALL DAY</u> <u>NO SOLID FOOD</u></p> <ul style="list-style-type: none"> • Clear liquids are: Strained fruit juices (no pulp); apple, white grape, broth, water, Gatorade, Popsicles, Jell-O, coffee, tea (no milk or cream). • Drink at least 8 glasses of clear liquids throughout the day. • 12 noon – Swallow 2 bisacodyl tablets. • 5 pm –Mix entire container of Miralax in 64 oz of Gatorade. Shake solution until Miralax is dissolved. Start drinking 8 oz. of Gatorade/Miralax solution every 15 minutes until HALF is consumed. DO NOT sip it. If you become nauseated you may drink the solution more slowly. You may refrigerate or add ice. • At night, take all the medicines you normally take. For directions taking insulin contact your prescribing provider. • Your bottom may become sore from wiping too much. Vaseline or Tux® wipes help with soreness | <ul style="list-style-type: none"> • 5 hours prior to appointment time – finish the second half of Gatorade/Miralax. You must finish the prep at least 4 hours before your colonoscopy. • You should be passing clear liquid from your rectum. If not please call our office for further instruction or to cancel the procedure: 214-645-0595 • Take your usual medicines with a few sips of water. Follow the directions your provider gave you regarding insulin. • You can have clear liquids up until 2 hours before your check in time. • Bring your ID and insurance card. Leave jewelry, money and other valuables at home. • You MUST have a responsible adult take you home. This person will be paged or called when you are ready. • Children under 12 are NOT allowed in the waiting room. • Allow 3-4 hours in GI Lab |