

**GASTROENTEROLOGY ASSOCIATES, INC.**  
**INDIANAPOLIS, INDIANA**

**COLONOSCOPY PREPARATION: *Miralax-Gatorade prep***

READ ALL THESE INSTRUCTIONS AT LEAST 2 DAYS PRIOR TO YOUR APPOINTMENT TO BECOME FAMILIAR WITH THE INSTRUCTIONS. **YOU MUST BE ACCOMPANIED BY A DRIVER FOR THIS EXAM; A TAXI OR BUS ARE NOT ACCEPTABLE.**

**Purchase at the pharmacy:** 2 Dulcolax tablets, a 238 gram bottle of Miralax, and two 32 ounce containers of Gatorade or enough Crystal Light mix to make two 32 ounces portions. NO RED or PURPLE drinks. The night before your prep, mix 32 ounces of the chosen liquid with **HALF** the Miralax (119 grams, or approximately 7 MEASURING tablespoons). You can mix the second 32 ounce portion now in another container or wait and mix between dosing intervals during your prep (see below).

**THE DAY BEFORE YOUR COLONOSCOPY:**

1. Clear Liquid diet (see list) beginning at breakfast. Drink plenty of fluids throughout the day to stay hydrated and improve your results. **No solid food may be consumed.**
2. **At 2PM**, take 2 Dulcolax (bisacodyl) tablets.
3. **At 5PM**, begin consuming Miralax solution. Drink an 8 oz. glass of Miralax solution every 15 minutes until 32 ounces has been consumed (it should take about an hour to finish).
4. **IF YOUR COLONOSCOPY APPOINTMENT IS 10AM OR EARLIER:** Start at 8PM and finish the remaining 32 ounces of Miralax solution.
5. **IF YOUR COLONOSCOPY APPOINTMENT IS AFTER 10AM:** Start 4-6 hours *before you leave for your colonoscopy appointment* and finish the remaining 32 ounces of Miralax solution. *You should finish this within 1 hour.*
6. You can continue to consume a clear liquid diet until **4 HOURS** prior to your appointment time unless instructed otherwise.

*To reduce anal discomfort from diarrhea, it is recommended you place a small amount of Vaseline (petroleum jelly) around the anus before diarrhea begins, and reapply periodically.*

**List for Clear Liquid Diet (avoid red or purple colors):**

Jell-O (plain, without fruit), clear Soda-pop, Apple Juice, Coffee or tea without milk or cream, Kool-aid, Popsicles, Crystal Light, Broth, Lemonade, Hard Candy (ie, mints, lemon drops, LifeSavers).

**Medication Restrictions:**

**Warfarin, Coumadin, Jantoven, Aspirin, Plavix, or Aggrenox:** Last dose 4 days before your appointment date unless told otherwise by our office. This must be discussed with your doctor.

**Stop the following at least 4 days before your appointment date:** Advil, Aleve, Motrin, ibuprofen, naproxen, or other similar aspirin-containing or anti-inflammatory arthritis/pain medicines.

**Oral Diabetes Medications and Insulins:** You must call your family doctor or diabetes doctor for instructions on how to adjust your diabetes medications the day before and the day of your test.

**Other heart, blood pressure, or asthma/COPD medications:** Take as usual.

**Questions? Call us! East Office 355-1144 or North Office 578-2600**