

Ducolax/Miralax - Gatorade Bowel Prep (Split Dose)

Instructions for Colonoscopy Prep

****READ INSTRUCTIONS CAREFULLY - AT LEAST 5 DAYS PRIOR TO PROCEDURE****

DO NOT EXCEED RECOMMENDED DOSE AS SERIOUS SIDE EFFECTS MAY OCCUR

In order for the physician to perform a colonoscopy, a bowel prep "clean-out" must be completed at home prior to your procedure. A bowel prep is a combination of a clear liquid diet and oral laxatives. Purchase the following from your local pharmacy (no prescription is needed):

- One large bottle of Miralax (238 grams or 8.3 ounces)
- A small box of Dulcolax tables (5 milligram tablets), NOT suppositories. You will use four (4) tablets.
- Two quarts or 64 ounces of Gatorade (avoid red or purple). If you are diabetic, you may use Powerade Zero.

NOTE: Individual responses to laxatives vary. The prep should cause multiple bowel movements. The prep often works within 30 minutes but may take up to 3 hours. **Please remain within easy reach of a toilet.** Multiple bowel movements may irritate the anal area. Clean peri-anal area thoroughly after each and every bowel movement to reduce irritation. A diaper rash ointment maybe used, if desired. However, do not wear ointment to procedure appointment.

****Blood thinners - Contact Kayla at physician's office (405-366-8619) regarding prescription blood thinners taken at home.**

If you take Alli, or eat foods containing Olestra, please stop until after your procedure.

Discontinue any fiber supplements (Metamucil, Citrucel, Fibercon, etc.) at least five days prior to your procedure.

3 DAYS BEFORE YOUR COLONOSCOPY

Do not take any iron pills or vitamins containing more than 15 mg of iron.

It is best to avoid heavy meals. Eat lightly for a few days before your exam. It makes clean-out easier and more effective.

Avoid wheat products and fibrous foods with skin, seeds, etc.

DAY BEFORE COLONOSCOPY - Clear Liquids Only

- 1) Drink ONLY "clear liquids" for breakfast, lunch and dinner. A "clear liquid" is anything that you can see through after it has been sitting at room temperature. **SOLID FOOD, MILK, MILK PRODUCTS ARE NOT ALLOWED UNTIL AFTER YOUR PROCEDURE.** (Consume at least 2 liters of clear liquids this day)

Examples of "CLEAR LIQUIDS" Include:

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| → Slush, Icee, popsicle (no red colors) | → Water |
| → Clear broth, bouillon or clear soup (no noodles) | → Coffee, tea (no creamer or milk) |
| → Gatorade, Kool-Aid, other fruit flavored drinks (no reds) | → Carbonated & non-carbonated sodas |
| → Strained fruit juices without pulp (apple, white grape, lemonade) | → <u>Clear</u> Ensure |
| → Plain jello (no reds) without fruit or toppings | → Ice |

- 2) Take usual home medications. **Follow directions from physician's office regarding prescription blood thinners.**

- 3) Take 2 Ducolax tablets at noon with a clear liquid lunch.

- 4) At 4:00 PM, mix the entire 238-gram bottle (8.3 oz) of Miralax with two quarts (64 oz.) of Gatorade in a large pitcher. Stir well. Be sure to stir the solution until the Miralax is completely dissolved. Add ice.

- 5) Drink 8 ounces of the solution every 10 - 15 minutes until two-thirds (2/3) of the solution is gone. If you feel nauseated, stop for a little while but it is important to drink 2/3 of the solution within 4 hours. Refridgerate the remaining solution.

- 6) At 8:00 PM, take 2 Ducolax tablets.

- 7) Continue drinking clear liquids until bedtime.

- 8) Diabetics may need to adjust their medications this day. Ask your prescribing physician.



DAY OF EXAMINATION - Clear Liquids Only

No solid food or full liquids of any type. Clear liquids are allowed up until the time to start the Miralax/Gatorade solution.

Four hours prior to your scheduled procedure arrival time, start drinking the remaining Miralax/Gatorade Solution.

Drink 8 oz of the solution every 10 -15 minutes. Within an hour, you should be finished drinking the remainder of the Miralax/Gatorade solution. **After finishing the laxative solution, you may NOT have anything else by mouth.**

- Take heart and blood pressure medications as normal (do not take diuretics)
- Do **NOT** take diabetic medications.
- Arrive at scheduled time. The average length of stay is approximately 2 hours.

NOTE: The laxative prep is intended to evacuate your entire colon. Ideally, your bowel movements prior to leaving for your procedure should be fairly clear. You should be able to see the bottom of the toilet. Mucous, sediment and color tint are normal. If your bowel movements are dark or have substance, please given yourself one or two Fleets® enemas or call office for additional instructions.