

Miralax and Gatorade Instructions

IMPORTANT:

- STOP Phenteramine and other weight reduction medications (including injections such as Wegovy, Ozempic, and Mounjaro) 1 week before your procedure.
- STOP iron tablets 1 week before your procedure.
- You must notify the office of all prescriptions you are taking. Patients with diabetes or heart disease may need specific instructions.
- It is critical that you notify our office as soon as possible if you take any blood thinners such as **Aspirin, Plavix, Coumadin (Warfarin), Effient, Pradaxa, Eliquis, or Brilinta.**

Failure to follow these directions may result in your procedure being rescheduled.

REMEMBER:

- DO NOT EAT: Raw fruits, nuts, vegetables, or fiber supplements 3 days before your procedure.
- DO NOT: Chew gum or have hard candy the day of your procedure.
- DO NOT smoke (vaping, tobacco, marijuana, or illicit drugs) on the day of your procedure.

DAY BEFORE THE COLONOSCOPY:

- You are to have only **CLEAR LIQUIDS** avoiding **RED OR PURPLE LIQUIDS**. Clear liquids include juices without pulp, water, broth, black coffee, black tea, and Gatorade.
- You may have Jell-O, soda (7-Up, Sprite, Starry, Ginger Ale), and popsicles so long as they are not colored red or purple.
- DO NOT consume solid foods, milk, or milk products.

MIRALAX AND GATORADE INSTRUCTIONS

- **You will need to purchase the following:**
 - One bottle (238grams) of Miralax powder.
 - One bottle of 64 oz of Gatorade that is **NOT RED OR PURPLE** or two bottles (32 oz).
 - Small box of over-the-counter Dulcolax laxatives (you will only need 2 pills).
- **4:00 PM** – Take 2 Dulcolax laxative tablets with a glass of clear fluid.
- **5:00 PM** – Drink a second glass of clear fluid (1 hour from first dose).
- **6:00 PM** – Mix the entire container of Miralax with the 64 oz bottle of Gatorade (or split between the 2 bottles as evenly as possible, 2 hours from the first dose).
 - Drink an 8 oz glass every 20-30 minutes until gone.
 - After completing the solution, continue to drink clear fluids until **midnight**.

DAY OF THE PROCEDURE:

- **You may not eat or drink anything.**
- If you are on blood pressure medications, seizure, anxiety, or chronic pain medications, take as directed with a small sip of water.
- Do **NOT** take diabetes pills.
- If you are on insulin, decrease your dose by 1/2.
- If you experience vomiting, please contact the office or the on-call physician.
- If you use inhalers, bring them with you to the EndoCentre.

****Reminder**** You MUST have someone drive you home given you will receive intravenous medication that makes you drowsy.

Please call us immediately if you have any questions or concerns.

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