

Miralax/Gatorade Prep for Colonoscopy

You will need to purchase the following items from the pharmacy (no prescription required) prior to your procedure:

- **64 oz bottle of Gatorade (any flavor except Red or Purple)
- **8.3 oz or 238 gram bottle of Miralax/Glycolax (generic)
- **4 Dulcolax laxative tablets & 1 bottle of Magnesium Citrate

Two Days Before Colonoscopy- Take 2 Dulcolax laxative tablets at 6:00 pm

Day Before Your Colonoscopy

Drink only clear liquids. Avoid all red or purple colored liquids. Do not eat any solid food or milk products.

Clear Liquids:

- | | | |
|---------------------------|---------------------------------|----------------------------------|
| **Water | **Koolaid | **Soft drinks including Coke |
| **Gatorade | **Fruit Juices (no pulp) | **Jello |
| **Clear broth or bouillon | **Popsicles (not red or purple) | **Coffee/tea(no milk or creamer) |

Follow the schedule below for your bowel prep.

- 1:00pm Take the remaining 2 Dulcolax laxative tablets with clear liquids & 1 bottle of Magnesium Citrate.
- 2:00pm Mix Miralax in the 64oz of Gatorade. Cap the bottle & shake to dissolve Refrigerate & chill.
- 4:00pm Begin drinking the solution. Drink half (32oz) of the prep, one 8oz glass every 10 mins. Drink quickly rather than sipping small amounts.

Day of Colonoscopy

_____ am start the other half of the prep **Nothing to drink after** _____

You need to drink plenty of clear liquids throughout the day to prevent dehydration while prepping for the colonoscopy. **Please inform us if you are on any blood thinners including Aspirin. If you are on blood pressure medications, you may take these with a sip of water at your usual time. If you are on diabetes medication, consult with your primary care physician with how these should be taken prior to your procedure. **NOTHING TO DRINK AFTER _____. Please arrange for a family member or friend to stay at the facility/hospital the entire time you are in surgery. You will not be allowed to drive yourself.

Contact our office directly at 704-333-1259 if you need to reschedule your appointment or questions regarding your prep.

Your Appointment Information:

Midtown Medical Plaza
1918 Randolph Rd Ste 740
Charlotte, NC 28207
704-316-0810

Pre-Register: 888-844-0080 option 3

Presbyterian Hospital
200 Hawthorne Ln
Charlotte, NC 28204
704-384-4000

Pre-Register: 888-844-0080 option 3

Ballantyne Outpatient Surgery
14215 Ballantyne Corporate Pl Ste 210
Charlotte, NC 28277
704-316-2650

Date: _____

Arrival Time: _____

Procedure Time: _____

DO NOT EAT ANY SOLID FOODS THE DAY BEFORE YOUR COLONOSCOPY, ONLY CLEAR LIQUIDS!!!