

# Colonoscopy Procedure: How to prepare

## Purchase at the Pharmacy:

1. **Miralax, 238g bottle** (over the counter)
2. **Dulcolax, 4 tablets** (over the counter)
3. **Gatorade, 64 oz. bottle** (flavor: Ice, Lemon Lime)

## FOUR days prior to procedure:

- Do **not** take any **iron pills**.
- Do **not** take any **Aspirin, Coumadin, Motrin, Advil, Ibuprofen, Plavix, Celebrex, Mobic**, or any pain medication that is not **TYLENOL**.

## ONE day before the procedure:

- Have a **CLEAR** liquid diet throughout the day. Examples of clear liquids include: Broth, lemon or lime jello, clear soft drinks like 7-Up, Sprite, ginger ale, lemonade, banana popsicles, and water. **NO RED, ORANGE, OR BLUE LIQUID.**
- **At 3:00pm**, take 4 Dulcolax tablets with a glass of water.
- **At 5:00pm**, mix the entire 238g bottle of Miralax with 64 oz bottle of Gatorade in a pitcher. Mix the solution until the Miralax is dissolved. Drink an 8 oz. glass every 10-15 minutes until the solution is gone. It usually takes about an hour to begin to notice the diarrhea effect. You may notice some bloating or cramping at the beginning of the prep, but this usually gradually improves once the diarrhea begins. It usually takes two hours to complete the entire container, and diarrhea generally continues for about an hour to two hours after completing the prep. Many have found that drinking the prep through a straw and chilling the solution improves tolerance. *You can also divide the Miralax into 2-32 oz bottles of different Gatorade - **no red, orange or blue.***
- **DO NOT TAKE** diabetic medications the night before or morning of the procedure.
- If you are on Antihypertensive / Blood Pressure medication, you **SHOULD** continue to take them as usual with a sip of water.

## DAY OF procedure:

- **DO NOT EAT OR DRINK ANYTHING THAT DAY!**
- **NO GUM THE DAY OF YOUR PROCEDURE!**
- If you take medication you may have it the morning of the procedure with a small amount of water. This means **NO MORE** than a few **SMALL** sips of water. You may brush your teeth.
- You must be accompanied by a friend or relative to drive you home. You **MAY NOT** drive or go home in a taxi.

If you have any questions, please contact our office at 615-449-6222.