

## MiraLax - Gatorade Preparation

Name \_\_\_\_\_

Colonoscopy \_\_\_\_\_

DAY

DATE

Arrival Time at Endoscopy Center \_\_\_\_\_

Procedure Time \_\_\_\_\_

### Prior to Preparation:

√ Medication Adjustments \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Do not take Aspirin, Ibuprofen, Advil, Aleve, Motrin, and/or arthritis medications \_\_\_\_\_ day(s) before the study as these can thin your blood. You may take Tylenol. Other medication instructions will be given when we call you 1-3 days prior to your procedure.

√ **Arrange for a driver.** Your driver must stay in the waiting room the entire time; this is a Department of Health guideline. You will not be able to drive until the next morning.

√ **If you must cancel or reschedule your procedure, we require a 4-day notice.**

√ If you have any questions please call (717) 217-4312.

### What to Purchase:

√ Purchase one (1) bottle of MiraLax 238 gram laxative at the pharmacy. You do not need a prescription.

√ Purchase a 32-ounce bottle of Gatorade. Please avoid red or orange flavors.

√ Purchase one (1) of the following ONLY if checked: \_\_\_\_\_ One (1) Small box of Dulcolax 5 mg Laxative Tablets  
\_\_\_\_\_ One (1) Small bottle of Milk of Magnesia Laxative

### Day Before Procedure:

**Beginning on the morning of \_\_\_\_\_ your diet will consist of clear liquids only.**

Please avoid all artificial red or orange products during your preparation. Items that are naturally red in color (example cranberry juice) are acceptable as a clear liquid. Therefore, you may have the product if you can see through it, it is not artificially red or orange, and has nothing solid in it. Make sure you drink something every waking hour during your preparation, stopping five hours prior to procedure.

- |                               |                              |
|-------------------------------|------------------------------|
| ◇ Coffee or Tea (no creamer)  | ◇ Fruit juices               |
| ◇ Water                       | ◇ Athletic drinks (Gatorade) |
| ◇ Soda                        | ◇ Freeze Pops                |
| ◇ Broth, bouillon or consommé | ◇ Jell-O (no fruit in it)    |

- **3:00 pm – Take Only if indicated with 8 oz clear liquid:** \_\_\_\_\_ Two (2) Dulcolax 5 mg Laxative Tablets  
\_\_\_\_\_ Tablespoons of Milk of Magnesia Laxative
- **4:00 pm** – Mix the entire 238g bottle of MiraLax (or the generic form Glycolax) with a 32-ounce bottle of Gatorade. Please avoid red or orange flavors. Shake well and place in refrigerator.
- **5:00 – 8:00 pm** – Start drinking the mix. Drink an 8-ounce glass every hour until mixture is finished.
- Make sure you drink plenty of fluids during your prep and 2-3 glasses of clear liquids between doses of MiraLax.

### Day of Procedure:

- **ABSOLUTELY NOTHING TO EAT OR DRINK FIVE HOURS BEFORE YOUR PROCEDURE**
- Take routine morning medications as usual with a sip of water unless otherwise directed.

\_\_\_\_\_  
Patient's Signature

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Date