

PM Bowel Preparation with Gatorade, Dulcolax & Miralax

- **You must be accompanied by a friend or relative to drive and assist you home. We WILL NOT discharge you to a cab, bus or other transportation service without a responsible party with you. You may not drive until the day after your procedure.**

Special Instructions Regarding Medications

- If you are on an **anticoagulant/blood thinner** our nurse will contact you with instructions after contacting your prescribing physician. If you have not heard from the nurse 1 week prior to your procedure please contact our office.
- **Do Not take Iron supplements for one week prior** to the procedure date. Multivitamins are OK.
- **Diabetic patients:** _____
- **Do Not take Water Pill/Diuretic** (Lasix (furosemide), HCTZ (Hydrochlorothiazide), Dyazide, Diovan HCT, Spironolactone), on the day of the procedure
- **Heart/Blood Pressure/ Thyroid/Seizure/Anxiety Medications can be taken on the day of the procedure** with a sip of water.
- **Stop Effexor one day before** the procedure (if applicable)
- **Asthmatic patients** should bring their **INHALERS** with them on the day of the procedure

Purchase at the Store:

1. **Miralax**, 8.3 oz. bottle, (14 day supply-over the counter)
2. **Dulcolax Laxative Tablets** or Bisacodyl (generic) Laxative Tablets over the counter
3. **Gatorade**, 64 oz. bottle No RED OR PURPLE

THE DAY BEFORE YOUR PROCEDURE

- **You May Eat a light breakfast until 11:00 am**
(ex: scrambled eggs, plain white toast, orange juice, **NO** whole grains, cereals, oatmeal, etc.)
- **YOU MAY NOT HAVE ANY SOLID FOOD AFTER 11:00 am ONLY CLEAR LIQUIDS**
- Take all of your normal prescription medications, **unless advised otherwise.**
- Prepare the Gatorade and Miralax solution in the morning , Mix the entire 238g bottle of Miralax with the 64 oz bottle of Gatorade in a pitcher. Shake the solution until the Miralax is dissolved, then place in refrigerator
- **At 6 pm - Take 2 Bisacodyl Laxative tablets with water 2 hours before first dose of prep**
- **At 8 pm – Begin drinking half (32 oz) of the Gatorade and Miralax solution.**
- **Drink 8 oz every 10-15 minutes**

DAY OF YOUR PROCEDURE

- **Six (6) hours -** before you plan to leave for the endoscopy center take the second half (32 oz) of your prep
For example, if you plan to leave at 12:00 pm the second half should be taken at 6:00 am
- **Drink** the second dose of the preparation, 8 oz every 10-15 minutes
- Prep **MUST** be completed 4 hours prior to your arrival time

CLEAR LIQUIDS ARE ALLOWED UNTIL 4 HOURS BEFORE YOUR ARRIVAL TIME, THEN NOTHING FURTHER TO DRINK

General or reschedule questions call 610-431-3122