

Standing Orders

for Chronic Kidney Disease

Chronic Kidney Disease Standing Recommendations for Colonoscopy Procedures:

Chronic Kidney Disease = GFR <60, End Stage Renal Disease / Dialysis = GFR <15

DO NOT USE SODIUM-PHOSPHATE – ORALLY OR RECTALLY.

Renal Colonoscopy Prep

Gatorade / Miralax Prep for Colonoscopy

You need to buy the following (no prescriptions are needed):

- Ⓢ **One 64 oz. or two 32 oz. bottles** of Gatorade, Propel, Crystal Lite or other noncarbonated clear liquid drink (no red colors and do not use Colyte). If you have diabetes, you may use sugar-free Gatorade. Refrigerate if you prefer to drink it cold.
 - Ⓢ **Dulcolax laxative tablets** (not suppository or stool softener and you will need 6 tablets for the prep).
 - Ⓢ **Miralax 238 grams (8.3 ounces) powder** or generic polyethylene glycol 3350 (can find in laxative section)
 - Ⓢ **Infants' Mylicon Liquid** one bottle – ask pharmacist for substitute if this brand is not Available
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One day before the colonoscopy: begin the colon prep as detailed below.

1. In the morning, in a pitcher mix the 8.3 oz. of Miralax with the 64 oz. of Gatorade and 3 milliliters (cc) of the Mylicon drops. Stir / shake the contents until entire contents of Miralax are completely dissolved. Chill if desired.
2. At 1PM take 3 tablets of dulcolax laxative pill with water by mouth.
3. At 3 PM drink half the Gatorade / Miralax / Mylicon solution. Drink one 8 ounce glass every 15 minutes. You may drink it directly or through a straw.
4. At 9 PM drink the other half of the solution. Again drink one 8 ounce glass every 15 minutes till finished with all of the solution.
5. At 10 PM take the other 3 tablets of dulcolax.

If your procedure is scheduled for 12 PM or later follow the directions as above with the following time exceptions

1. Drink the first half of the solution at 6PM the day prior to your procedure.
2. Drink the second half of the solutions at 6AM the day of the procedure.
3. Take the second 3 Dulcolax at 7AM the day of the procedure (with a small glass of water).