

**General Surgical Care, P.C.**  
**MiraLax/Gatorade Colonoscopy Preparation Instructions**

- **Avoid** any medications such as Motrin (Ibuprofen) or Aspirin, for at least 7 days prior to the procedure. **Tylenol** is OK.
- If you are taking aspirin or blood thinners (Plavix, Coumadin, Xarelto, Eliquis, Arixtra) please **call for instructions on holding** these medications
- Please check with your family physician regarding Insulin intake the day before and the day of the procedure.
- Take as directed any **blood pressure or heart medications** on the day of the procedure. There is no need to take any water pills (diuretics)
- No vegetables, fruits, nuts or seeds(i.e. seeds in breads, tomatoes, or cucumbers) 2 days prior to the colonoscopy. Potatoes without the skin are OK.

**YOU MUST HAVE A RIDE HOME.** The hospital will not begin the procedure without proof of a ride home. **Taxi and bus rides are not acceptable.**

**Purchase:**

- (1) 238g bottle of **MiraLax** (Glycolax) - no prescription needed.
- 4 **Dulcolax** tablets - no prescription needed.
- 64 oz. bottle of Gatorade, Crystal Light or clear liquid of choice. (no RED)

**One Day Prior to the Colonoscopy:**

- Have a normal breakfast, light lunch, and clear liquids thereafter. It is important that you drink plenty of clear liquids throughout the day to prevent dehydration. **Clear liquids include:** Water, Clear fruit juices, black coffee/tea, Gatorade, Jello, ice pops, clear broth, Crystal Light. **No milk or red colored liquids.**
- At **3:00** PM take the 4 Dulcolax tablets with full glass of water
- At **4:00pm**, Mix the 238g bottle of **MiraLax** in 64oz of Gatorade and shake the solution well until the **MiraLax** is dissolved. Drink 8oz glassfuls at your own pace. It may take 3-4 hours to drink the entire solution.

**The Day of the Colonoscopy Procedure:**

- Additional clear liquids can be taken up to 4 hours prior to your colonoscopy