

Gatorade Colonoscopy Preparation:

Purchase these over the counter:

1. Gatorade (64 ounces) of any flavor or (two 32 oz bottles) any flavor just NO RED OR PURPLE
2. Dulcolax 5mg tablets (four tablets)
3. Miralax 238gm (generic is acceptable)

Clear liquid diet all day on the day prior to Colonoscopy

Absolutely NO solid foods **only CLEAR LIQUIDS** Examples of clear liquids: Water, Sprite, 7UP, Ginger Ale, Coke, Diet Coke, Tea, Coffee with NO milk products or creamers, Apple or White grape juice, Chicken broth, Beef bouillon, Jello (NO RED OR PURPLE), Gatorade (NO RED OR PURPLE), or Popsicles (NO RED OR PURPLE), NO MILK OR MILK PRODUCTS, and NO ORANGE JUICE.

The day before procedure:

1 pm: Take 2 DULCOLAX tablets

3 pm: Mix the entire bottle of MIRALAX with the 64 oz bottle of GATORADE. (Put half the bottle in each 32 oz bottle.) Shake or stir solution until fully dissolved. Drink an 8oz glass every 30 minutes until solution is gone.

5 pm: Take the last 2 DULCOLAX tablets

You can have clear liquids up until midnight.

The DAY OF your colonoscopy

NOTHING BY MOUTH AFTER MIDNIGHT OR THE MORNING OF THE PROCEDURE.

You may take your blood pressure medicine and/or heart medicine with a tiny sip of water.

Hold off on all of your other medications until after the procedure.

Bring along someone to take you home because you will be sedated. Leave all jewelry and personal items at home.

No aspirin, aspirin by-products or plavix for 1 week prior to your colonoscopy. No Coumadin for 5 days or check with your physician who orders the Coumadin. Please contact the physician that prescribed the aspirin, plavix, and Coumadin to see if this is acceptable.