

## Colonoscopy Bowel Prep Instructions (Extended Prep)

### Miralax – Gatorade

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#### Today

- Take time off of work for the day of your colonoscopy.
  - Find a responsible person to either drive you home or ride with you in a car service like Uber after your colonoscopy. **You will not be able to drive yourself after the procedure.**
  - If you are taking any blood thinner medications other than aspirin or NSAIDs**, please contact the doctor who prescribes this medication. Depending on the specific blood thinner, these will typically need to be stopped between 2-5 days before your procedure.
  - If you take medications for diabetes or weight loss**, please contact the doctor who prescribes this medication. Depending on the specific medication, this may need to be stopped altogether between 1-7 days before your procedure, or the dose may only need to be reduced starting the day before your colonoscopy.
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#### 7 Days Before Your Colonoscopy

- Go to your pharmacy and buy:**
    - 2 bottles (8.3 oz) **AND** 1 bottle (4.1 oz) of **Miralax** or generic Miralax (polyethylene glycol)
    - 2 bottles of **Regular Gatorade** (32 oz or 28 oz). Choose any Gatorade color except red or purple.
    - 3 bottles of **Gatorade Zero** (32 oz or 28 oz). Choose any Gatorade color except red or purple.
    - Simethicone** chewable or soft gel tablets (Gas-X)
    - Baby Wipes**, this can be more soothing than toilet paper
  - Stop** taking iron pills, multivitamins with iron, and fiber supplements (Metamucil, Citrucel, and Benefiber).
  - Make sure a plan is finalized if you need to stop taking blood thinners, diabetes medications, or weight loss medications prior to your colonoscopy. Contact our office if you have any remaining questions about this.
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#### 5 Days Before Your Colonoscopy

- Follow a low fiber diet:** avoid whole grain breads, nuts, seeds, popcorn, corn, fruits, and vegetables for **5 days** before you begin your colonoscopy prep
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#### 2 Days Before Your Colonoscopy

- Remain well hydrated. Drink at least 8 glasses of water. Eat a regular breakfast/lunch and a light dinner.
  - In the evening:** mix the **4.1 oz** bottle of **Miralax** with **(1)** bottle of **Gatorade Zero** in a large pitcher. Stir until the mixture is combined. Place in the refrigerator overnight to drink it cold the next morning.
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#### The Day Before Your Colonoscopy

- Remain on a strict clear liquid diet throughout the day.** Keep well hydrated. **Do not eat any food.**
    - Clear liquids are: water, apple juice, clear broths, Jell-O, black coffee or tea without milk/cream, Sprite, Ginger ale, Gatorade, popsicles (no sherbet or fruit bars), flavored ice. **Nothing red or purple.**
  - At 8 AM** take **1 simethicone tablet** and drink one 8 oz glass of the **Miralax** mixture every 15 minutes until you finish the mixture. If feeling sick to your stomach, take breaks or drink other clear liquids to settle your stomach.
  - At 12 PM** mix the **(1)** of the **8.3 oz** bottle of **Miralax** with **(1)** bottle of **Regular Gatorade** and **(1)** bottle of **Gatorade Zero** in a large pitcher. Stir until the mixture is combined. Place in the refrigerator to drink it cold.
  - At 5 PM** take **1 simethicone tablet** and drink one 8 oz glass of the **Miralax** mixture every 15 minutes until you have finished half of the bowel prep.
  - Prepare a second picture by mixing the remaining bottle of **Miralax** with remaining bottles of **Gatorade**. Place in the refrigerator over night.
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#### The Day of Your Appointment

- 6 hours before your arrival time** take **1 simethicone tablet** and start drinking the remaining half of the **Miralax** mixture. (Depending on the time of your procedure, you may need to start drinking this in the middle of the night.) You must finish this at least **3 hours before** your colonoscopy. **This portion is the most important part of the bowel prep!**
- Take your usual medications with a few sips of water unless you are told otherwise.
- Starting **3 hours** before your colonoscopy **do NOT have anything else to drink.**
- Be sure to check the location of your procedure listed above. We look forward to seeing you!