

Miralax/Gatorade Colon Preparation

Two days before colonoscopy

- Buy Miralax or the generic equivalent, 238 gm, from the store (Longs, Walgreens, WalMart, etc.). Costco only has the monster sized bottles.
- Buy two 32 oz bottles of Gatorade or other sports drink (e.g. Powerade). No RED or PURPLE colored drinks, please!
- Make your Jell-o now! No RED or PURPLE, please!
- Buy lots of sodas, clear juices, bouillon soup (broth), popsicles, etc.
- Buy Vaseline petroleum jelly

The day before colonoscopy

- All day, from the time you wake up, you will be on a Clear Liquid Diet (see attached handout)
- No solid food until after your procedure (you may chew on Gas-X tablets if you wish)
- Drink clear liquids every 1-2 hours

The morning before colonoscopy

- Take the Miralax and split it in half. Take 1/2 and put it into ONE 32 oz bottle of room temperature sports drink, then take the other 1/2 and put it in the OTHER 32 oz bottle of room temperature sports drink.
- Chill the 2 Miralax/sport drink mixes in the refrigerator

The afternoon before colonoscopy

- At **5:00 pm** start drinking the 1st bottle of Miralax/sports drink mix, 1 cup every 15-30 minutes until it is gone.
- If you feel nauseous, stop, sit upright, and walk around. Resume drinking when you feel better.
- To avoid irritation, pat your bottom dry and apply Vaseline after each trip to the bathroom
- When you feel that your bowel movements have slowed down and/or have stopped, take your PM medication
- Continue drinking clear liquids

The morning of colonoscopy

- At _____ (about 3-4 hours before you leave your home), drink the 2nd bottle of Miralax/sports drink mix.
- Continue to use Vaseline
- Once you have completed both sport drink bottles, continue drinking clear liquids
- At _____, take your AM medication
- At _____, STOP all clear liquids

Tips for drinking colon prep solution

- Use a straw
- Chill colon prep solution (do not put ice in the solution)