

GATORADE COLONOSCOPY PREPARATION

Purchase these over the counter laxatives:

1. GATORADE (64 ounces) Lemonade or other clear Gatorade, two 32 oz bottles
2. DULCOLAX 5mg tablets (four tablets)
3. MIRALAX BOTTLE 238 grams (over the counter only)

The DAY BEFORE your colonoscopy: Clear Liquids Only

ABSOLUTLY NO SOLID FOOD

Drink only clear liquids.

Examples of clear liquids: Water, clear fruit juices such as apple or white grape, chicken or beef bouillon, Jello (no RED or PURPLE), clear Gatorade, popsicles (no RED or PURPLE), clear soft drinks, coffee without cream or sugar.

NO MILK OR MILK PRODUCTS, NO ORANGE JUICE, NO RED OR PURPLE JELLO OR JUICES.

3 PM: Take 2 DULCOLAX tablets

5 PM: Mix the entire bottle of MIRALAX into the 64 ounces of GATORADE. Put half the bottle in each 32 ounce bottle. Shake the solution until fully dissolved. Drink an 8 ounce glass every 30 minutes until the solution is gone.

7 PM: Take the last 2 DULCOLAX tablets

NOTHING BY MOUTH AFTER MIDNIGHT

The DAY OF your colonoscopy:

You may take any necessary medications with a sip of water.

Bring someone along to take you home.

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

REMEMBER: The preparation is very important. An adequate clean out allows for the best evaluation of your entire colon. During the prep, using baby wipes may ease some of your discomfort.

You should NOT plan on working or driving the rest of the day due to sedation given at the procedure.

You can substitute Crystal Light for the Gatorade.