

**Miralax and Gatorade Instructions**

**IMPORTANT:**

* STOP Phenteramine and other weight reduction medications (including injections such as Wegovy, Ozempic, and Mounjaro) 2 weeks before your procedure.
* STOP iron tablets 1 week before your procedure.
* You must notify the office of all prescriptions you are taking. Patients with diabetes or heart disease may need specific instructions.
* It is critical that you notify our office as soon as possible if you take any blood thinners such as **Aspirin, Plavix, Coumadin (Warfarin), Effient, Pradaxa, Eliquis, or Brilinta.**

**Failure to follow these directions may result in your procedure being rescheduled.**

**REMEMBER:**

* DO NOT EAT: Raw fruits, nuts, vegetables, or fiber supplements 3 days before your procedure.
* DO NOT: Chew gum or have hard candy the day of your procedure.
* DO NOT smoke (vaping, tobacco, marijuana, or illicit drugs) on the day of your procedure.

**DAY BEFORE THE COLONOSCOPY:**

* You are to have only **CLEAR LIQUIDS** avoiding **RED OR PURPLE LIQUIDS**. Clear liquids include juices without pulp, water, broth, black coffee, black tea, and Gatorade.
* You may have Jell-O, soda (7-Up, Sprite, Starry, Ginger Ale), and popsicles so long as they are not colored red or purple.
* DO NOT consume solid foods, milk, or milk products.

**MIRALAX AND GATORADE INSTRUCTIONS**

* **You will need to purchase the following**:
	+ One bottle (238grams) of Miralax powder.
	+ One bottle of 64 oz of Gatorade that is **NOT RED OR PURPLE** or two bottles (32 oz).
	+ Small box of over-the-counter Dulcolax laxatives (you will only need 2 pills).
* **4:00 PM** – Take 2 Dulcolax laxative tablets with a glass of clear fluid.
* **5:00 PM** – Drink a second glass of clear fluid (1 hour from first dose).
* **6:00 PM** – Mix the entire container of Miralax with the 64 oz bottle of Gatorade (or split between the 2 bottles as evenly as possible, 2 hours from the first dose).
	+ Drink an 8 oz glass every 20-30 minutes until gone.
	+ After completing the solution, continue to drink clear fluids until **midnight**.

**DAY OF THE PROCEDURE:**

* **You may not eat or drink anything**.
* If you are on blood pressure medications, seizure, anxiety, or chronic pain medications, take as directed with a small sip of water.
* Do **NOT** take diabetes pills.
* If you are on insulin, decrease your dose by 1/2.
* If you experience vomiting, please contact the office or the on-call physician.
* If you use inhalers, bring them with you to the EndoCentre.

**\*\*Reminder\*\*** You MUST have someone drive you home given you will receive intravenous medication that makes you drowsy.

**Please call us immediately if you have any questions or concerns.**

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