

Gastroenterology Consultants of Long Island

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DATE: _____ **TIME:** _____

MIRALAX/GATORADE COLONOSCOPY PREP

**** A FEW DAYS BEFORE THE PROCEDURE**** Purchase a 238g bottle of Miralax, and purchase a 64 oz. bottle of Gatorade (NOT RED) and refrigerate.

THE DAY BEFORE THE COLONOSCOPY

****** Stay on a liquid diet the entire day (breakfast, lunch, dinner). **DO NOT EAT ANY SOLID FOODS OR USE MILK OR MILK PRODUCTS.** Acceptable liquids are clear juices, coffee and tea, clear broths, Jello NOT RED, Italian ices and ice pops.

****** On the day before the procedure in the morning, mix the entire bottle of Miralax into the bottle of Gatorade and refrigerate. Make sure it is well dissolved.

****** At 5:00PM, begin drinking the Gatorade mix. Drink 1 glass every 10-15 minutes until the entire amount is consumed.

****** Continue to drink as much water as possible until bedtime. **NOTHING ELSE TO DRINK AFTER MIDNIGHT.**

THE DAY OF THE COLONOSCOPY

****** If you take heart or blood pressure medication, you may take it early in the morning with only a small sip of water...**OTHERWISE DO NOT HAVE ANY THING TO DRINK THE MORNING OF YOUR PROCEDURE..NOT EVEN WATER.**

****** *You are NOT permitted to drive yourself home after your procedure! You MUST have a responsible adult with you when you arrive for your procedure to accompany you home after your procedure. You may use a taxi, car service, or public transportation ONLY if you have a responsible adult with you. Failure to follow this policy will result in cancellation of your procedure EVEN if you have completed a preparation for the test.*

MEDICATIONS TO STOP FOR THIS PROCEDURE: