MIRALAX-GATORADE PREP FOR COLONOSCOPY – DAY BEFORE PREP:

CLEAR LIQUIDS ONLY THE ENTIRE DAY BEFORE YOUR COLONOSCOPY.

You can have Slice, Sprite, water, ginger ale, 7-Up, chicken broth, lemon and lime jello and ice pops – nothing RED in color. The more clear fluids you drink, the better the prep will be. No nuts, seeds or pulp 3 days prior.

The Miralax-Gatorade prep consists of one (1) 64 ounce bottle of Gatorade, 238 grams Miralax powder and Dulcolax tablets. These are all available over the counter.

3 PM – Take four (4) Dulcolax tablets by mouth.

5 PM – Mix the Gatorade and Miralax powder, shake well to combine. Drink one (1) 8 ounce glass of the Gatorade mixture every 15-30 minutes, until the solution is done. You may continue to have clear liquids until midnight.

NOTHING BY MOUTH AFTER MIDNIGHT.

IF YOU TAKE BLOOD THINNERS, YOUR DOCTOR WILL ADVISE YOU IF THEY NEED TO BE STOPPED FOR YOUR PROCEDURE.

DIABETICS: please check with your doctor for help managing your blood sugar on your prep day.

DAY OF COLONOSCOPY – NOTHING BY MOUTH.

NO painkillers, sedatives or alcohol in any form.

DIABETICS – Do NOT take your medicine or insulin the day of procedure. Check your blood sugar and bring your diabetic meds to facility.

If you take OZEMPIC, WEGOVY or MOUNJARO – HOLD meds for ONE WEEK prior to procedure.

You CAN take your blood pressure, cardiac, seizure and thyroid medications by 7 a.m. the day of the procedure, with just enough water to swallow them.