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Colonoscopy Preparation Instructions: Miralax/ Gatorade

NAME: _____
PROCEDURE: _____
ENDOSCOPIST: _____
DATE OF PROCEDURE: _____
FACILITY ARRIVAL TIME: _____

Please note: A \$50.00 cancellation fee will be charged for all procedures cancelled with less than Two (2) business days notice.

Please refer to separate KBEC *Patient Instruction Packet* for important procedure, facility and billing information.

Further information about Kips Bay Endoscopy Center (KBEC) may be found at:
www.kipsbayendo.com

Bowel Preparation for Colonoscopy With Miralax & Gatorade

Colonoscopy is a routine, generally safe, pain-free procedure used to examine the colon. These are the steps that you must take before the procedure to ensure the highest level of safety and effectiveness.

1. Make arrangements to have someone drive you home after the procedure. Colonoscopy involves sedation, and you will not be allowed to leave the facility unaccompanied.
2. Follow your physician's instructions regarding medicines to avoid and diet to follow before your procedure.
3. Your body loses significant amounts of fluid during bowel preparation. In order to prevent dehydration, it is important to supplement that fluid loss with clear liquids. Make a conscious effort to drink as much as you can before, during, and after the preparation.



COLONOSCOPY PREPARATION WITH MIRALAX/GATORADE

For this preparation, you will need:

1. One 238 gram bottle of Miralax
2. Two Dulcolax tablets
3. 64 oz of Gatorade Ice (or other clear liquid)

THE DAY BEFORE YOUR COLONOSCOPY

Drink only clear liquids throughout the day.

You **may not** have any solid or soft food. Milk or other dairy products are also **not allowed**.

Please avoid red or purple clear liquids.

Clear liquids are those you can “see through”.

Examples include:

- ✓ Water
- ✓ Strained fruit juice without the pulp
- ✓ (apple, white grape)
- ✓ Tea without milk or creamer
- ✓ Clear broth or bouillon
- ✓ Ginger ale
- ✓ Lemon-lime soda
- ✓ Lemonade
- ✓ Sports drink (eg, Gatorade)
- ✓ Kool-Aid or other fruit flavored drinks
- ✓ Plain Jell-O without added fruit or toppings
- ✓ Ice Popsicles

- The following is the schedule for using **Miralax/ Gatorade:**

Step 1:

Beginning at approximately 3:00pm

Take two (2) Dulcolax tablets with 8 oz of water. Swallow the tablets whole with a full glass of water.

Step 2:

Beginning at approximately 8:00pm

Mix bottle of Miralax in 64 oz of Gatorade Ice (or other clear liquid). Shake the solution until the Miralax is dissolved. Drink 8 oz of the solution every 15 minutes until the solution is finished.

- **If your colonoscopy is scheduled for the morning, do not eat or drink anything after midnight. If your colonoscopy is scheduled after 1:00pm, you may have a small quantity of clear liquids in the morning until 9:00am.**