



Digestive and Liver Center of Florida

PREPARATION ITEMS (OVER THE COUNTER – NO PRESCRIPTION NEEDED)

1. **MIRALAX POWDER or Generic form (POLYETHYLENE GLYCOL):** 238gm or two 119gm bottles (over the counter).
2. **DULCOLAX 5mg (BISACODYL) LAXATIVE TABLETS:** 4 tablets (over the counter or as provided).
3. **GATORADE or POWERADE:** 64ounce or two 32ounces bottles, any flavor, but no red or purple.

Preparation Sequence:

FIVE DAYS PRIOR TO YOUR PROCEDURE:

- Discontinue all iron supplements, fiber supplements, and herbal products.
- Also stop any anti-inflammatory medicine such as Aleve, Advil, Motrin, or related.
- If you take anticoagulation medication discuss the stop date with your doctor (Aspirin, Warfarin, Eliquis, Plavix, or other).

TWO DAYS PRIOR TO YOUR PROCEDURE:

DATE: _____

STEP #1: LOW FIBER DIET BREAKFAST AND LUNCH

- Eggs, Soup, white chicken meat, fish, white rice, plain yogurt, cheese, white bread, pasta, noodles, spaghetti, macaroni, mashed potatoes, Ice cream, sugar, pepper, and popsicle.
- **NO** fruits, vegetables, seeds, nuts, or marmalade.

THE DAY PRIOR TO YOUR PROCEDURE:

DATE: _____

STEP #1: START CLEAR LIQUID DIET (NO solid food)

- If you can see through it then it is a clear liquid.
- Gatorade is the preferred clear liquid (**NO red or purple**).
- Clear fruit juices, white grape juice and apple juice, PowerAde (**NO red or purple**). Clear soup, broth or bouillon, popsicles (**NO red or purple**). Tea or coffee without cream. Hard candies (**NO red or purple**). 7-up, sprite, regular or diet, ginger ale, orange soda (**NO red or purple**). Jell-O (**NO red or purple**).

STEP #2: TAKE 2 DULCOLAX TABLETS AT 3:00 PM AND 8PM.

- You may not notice increased stools for 2-12 hours.

STEP #3: Mix the MiraLax

- **Mix the 238grams of MiraLax** with the 64ounces of Gatorade. If you bought 2 bottles of MiraLax of 119grams; and 2 Gatorade (PowerAde) of 32ounces; mix each MiraLax bottle with one Gatorade (PowerAde) keep the mixture in the refrigerator. Ice cubes may be added.
- **5:00 pm:** Begin drinking the Gatorade/MiraLax solution at a rate of 8ounces every 15 to 30 mins (2 hours period) until the first bottle of 32ounces is gone. If you feel nauseated, stop drinking for 30-45 mins. It may not work for 2 to 3 hours.
- It is important to finish the entire 32ounces bottle and drink an extra 8ounces of clear liquid every hour while awake. Gatorade is preferred.
- **10:00 pm:** Begin drinking the Gatorade/MiraLax solution at a rate of 8ounces every 15 to 30 mins (2 hours period) until the first bottle of 32ounces is gone.

Be aware that if you drink large quantities of red or purple fluids, especially after you take the laxatives, your liquid stool may then become red or purple. This does NOT indicate that you are bleeding.

THE DAY OF YOUR PROCEDURE:

DATE: _____

- If your procedure is in the morning, you will have to get up in the middle of the night. This second part of the preparation assures a properly clean colon.
- You may still be passing liquid stool when you reach the hospital, which is okay.
- **Four hours prior to your procedure you should stop the liquid diet.**
- **You will need a driver to take you home if you are having a colonoscopy.**
- If your prep is not well done, you may have to repeat it again. Make sure you follow the instructions.

Patient Check List:

Diabetes:

- Do not to take your diabetes medications the day of the procedure.

Non-steroidal anti-Inflammatory drugs (NSAID's):

- **FIVE (5) days prior to the procedure.** Do not take any NSAID's, such as Aleve, Advil, ibuprofen, Motrin, naproxen, meloxicam, diclofenac sodium, or Toradol.

Aspirin/Anticoagulants:

- If you are taking Coumadin, Pradaxa, Plavix, Aggrenox, Eliquis, or Xarelto let us know so we can contact your prescribing physician and evaluate safety for you to hold this medication prior to the procedure.

Other medications:

- Continue your other medications, including blood pressure drugs, right up to the day of your procedure.