



Procedure: Colonoscopy with MIRALAX-GATORADE

Please read these instructions when you schedule your colonoscopy

Immediately after scheduling your colonoscopy:

- Ask our scheduler for a prescription for anti-nausea medication (Zofran/ondansetron and Reglan/metoclopramide), if you think that the MIRALAX-GATORADE laxative might nauseate you.
- Arrange for a responsible adult to drive you to the Outpatient Surgery department, on the second floor of Owensboro Health Regional Hospital (at 1201 Pleasant Valley Road, Owensboro, KY 42303) on the day of your colonoscopy; stay at the hospital with you until you are released; and check on you for the first 24 hours after your colonoscopy.
- Our office will request clearance from your cardiologist or primary care provider, if you have any of the following conditions:
 - Chronic Heart or Kidney Disease
 - Cardiac Stent or Artificial Heart Valve
 - Cardiac Pacemaker or Implanted Defibrillator (AICD)
 - Endocarditis (bacterial infection of the heart valve), OR
 - You are taking any anti-coagulants or blood thinners.
- If you currently take a blood thinning medication, we will call you with specific instructions when to hold your medication once we received approval from your cardiologist and/or primary care provider.
- Obtain the following supplies needed for this prep, including:
 - Four Dulcolax/bisacodyl 5 mg. tablets
 - An 8.3 ounce/238 gram bottle of Miralax
 - 64 ounces of Gatorade, G2, Gatorade Ice, Powerade or Powerade Zero that is NOT RED OR PURPLE, IN COLOR.

14 days prior to your colonoscopy, discontinue:

- Adipex/phenteramine

7 days prior to your colonoscopy, discontinue:

- Iron/ferrous sulfate
- Anti-diarrhea medications (including Imodium/loperamide, Lomotil/atropine-diphenoxylate, Questran/cholestyramine, Colestid/colestipol and Pepto-Bismol or Kaopectate/bismuth subsalicylate).

4 days prior to your colonoscopy, discontinue:

- Cialis/tadalafil
- Viagra/sildenafil

- **Dietary roughage**, such as raw vegetables, nuts, seeds, whole grain bread and popcorn.

2 days prior to your colonoscopy: Drink one full bottle of over-the-counter Magnesium Citrate laxative (available at your local pharmacy and most grocery stores), if you have recently been constipated.

1 day prior to your colonoscopy:

- Drink **only clear liquids all day**, beginning with breakfast.
 - Approved clear liquids include apple juice, white grape juice, clear broth/bouillon, black coffee, tea, fruit-flavored drinks (that are NOT red or purple), carbonated soft drinks, plain Jell-O or fruit-flavored popsicles (that are NOT red or purple).
 - Solid foods, milk and dairy products are NOT allowed until AFTER your colonoscopy.
- **At 12:00 NOON:**
 - Take 4 Dulcolax/bisacodyl tablets with a full cup (8 ounces) of water.
 - Mix 64 ounces of Gatorade (or other clear beverage) with 8.3 ounces of Miralax, and place this in your refrigerator.
- **At 4:00 PM--6:00 PM:**
 - Drink 8 ounces of Miralax/Gatorade solution every 15 minutes until half of the mixture (32 ounces) is gone.
 - You are encouraged to continue drinking water or other clear liquid.
- **At 9:00 PM--11:00 PM:**
 - Drink 8 ounces of Miralax/Gatorade solution every 15 minutes until the mixture is completely gone.

Note: Failure to drink the entire amount of the MIRALAX/GATORADE laxative may result in an inadequately cleansed colon and the need to reschedule or repeat your colonoscopy.

The day of your colonoscopy:

- If your bowel movements are not now **completely clear or yellow, and watery**, then immediately drink one full bottle of over-the-counter Magnesium Citrate laxative, ending at least 3 hours before your colonoscopy.
- You should drink clear liquids until 3 hours before your colonoscopy.
- Just before you leave to go to the hospital, take blood pressure and/or heart medications with a few sips of water, take only ½ of your morning dose of insulin, and do not take any oral medication for diabetes.
- Bring all current medications with you to the hospital.
- Bring your insurance card and picture ID to the hospital.
- DO NOT bring money, jewelry, valuables or a purse to the hospital.
- Plan to leave your cellphone with your escort while you are undergoing your procedure.

If you have any questions pertaining to your prep instructions, please call our office at (270) 417-7800