

William F. Erber, M.D., P.C.
Gastroenterology and Endoscopy
Diseases of the Digestive Tract, Liver and Pancreas
Board Certified

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Instructions for Colonoscopy with Miralax®/Gatorade®



Appointment Day _____	Date _____	Time _____
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Colonoscopy is an examination of the colon (large bowel) with a lighted flexible tube called a colonoscope. Your efforts at cleansing your colon are essential for an accurate examine.

Purchase at the Pharmacy/Grocery Store

- Miralax, 255g bottle (prescription from your doctor) **OR** Miralax®, 238 g bottle (over the counter-OTC)
- Dulcolax®, 4 tablets (5-mg tablets, over the counter)
- Gatorade®, 64oz bottle (**If you are a diabetic, you may ask your doctor about a substitute for Gatorade® such as Crystal Light® or any sugar free clear liquid**)
- Plain or aloe Baby wipes; Desitin® or A&D® ointment, OPTIONAL (prevents a sore bottom)
- Drinking straws, OPTIONAL
- Clear liquids (see list below); **NOTHING RED OR PURPLE**

One Week Prior to the Procedure

- **DO NOT** take iron pills, multivitamins, or Vitamin E. **DO NOT** take medicines that may cause bleeding.
- Your doctor will let you know if you have to hold some medications prior to your procedure. These medications may include: aspirin, Plavix, Coumadin, Ticlid, Percodan, Alka-Seltzer, and anti-inflammatory medicines, (NSAIDs such as Motrin®, Advil®, etc.), Insulin, or other Diabetes medication.
- Please hold _____ for _____ days before the procedure.
- You WILL be allowed to continue taking a ‘baby aspirin’, for your heart health, per your doctor’s instructions.
- **TYLENOL and other brands that contain ACETAMINOPHEN, are safe to use prior to this procedure.**

One Day Before the Procedure

- Have a **clear** liquid diet throughout the day. **NO SOLIDS.** Avoid dairy products and juices with pulp such as orange or grapefruit juice. **It is important that you drink as much fluid as you can throughout the day. Since colon preps may leave you dehydrated, it is important to consume as much clear liquid as you can before, during and, after you finish the prep.**

Soups: Clear broth or consommé

Sports drinks: Gatorade®, Powerade®, Propel®

Juices: white cranberry, white grape, apple, limeade, strained lemonade

Beverages: tea, coffee, Kool-Aid®, carbonated beverages, Enlive®, Boost Breeze®, water

Desserts: water ices, Italian ices, Popsicles, Jell-O®

*****DO NOT EAT OR DRINK ANYTHING RED OR PURPLE*****

INSTRUCTIONS ARE CONTINUED ON THE NEXT PAGE

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One Day Before the Procedure (cont)

- At **2:00 pm**, take 4 Dulcolax® tablets with a glass of water.
- At **5:00 pm**, mix all of the 255 g bottle **or** the 238 g bottle of Miralax® with the 64 oz bottle of Gatorade® **or** 64 oz. of sugar free clear liquid in a pitcher.
- Stir the solution until the Miralax is dissolved. **Drink an 8 oz glass, every 10-15 minutes** until the solution is gone (drinking with a straw helps).

It may take about an hour to begin to notice the diarrhea effect. You may notice some bloating or cramping at the beginning of the prep, but this usually improves once the diarrhea begins. Occasionally, some people may develop nausea with vomiting. The best remedy for this is to take a break from the Miralax® for about an hour to allow it to move downstream and then to resume drinking at a slower rate. It usually takes two hours to complete the entire amount, and diarrhea generally continues for about an hour or two after completing. Many have found that drinking the prep through a straw and chilling the solution improves tolerance.

You may continue to drink clear liquids until midnight.

Day of Procedure

- **Small amounts of clear liquids may be permitted up until 4-hours prior to the procedure.**
- If you take medication, you may have it the morning of the procedure with a small amount of water. This means **NO MORE** than a few **SMALL** sips of water. **Please take your heart and high blood pressure medications.** You may brush your teeth.
- **Please arrive at _____ AM / PM.**
- Bring your **driver's license, insurance cards, and medications (or medication list)** to the office.
- **You cannot drive on the day of the procedure. Please have someone accompany you to take you home.**

Special Instructions:

- _____ Hold morning dose of insulin the day of the procedure but bring your insulin to the facility.
_____ If you have an artificial heart valve, or have a previous history of endocarditis, or other specific indication, your doctor may prescribe pre-procedure antibiotics.
_____ **Bring a list of the medications (including the dosages and any allergies)** with you.
_____ Other _____

Commonly asked Questions:

How do I know if my prep is adequate?

The stool should be watery in consistency. It does not have to be clear in color like water since digestive juices will continue to tint stool yellow. Small flecks of debris are not a problem as long as the stool is not muddy or thick. If there is any question, you can self-administer a tap water or fleet enema prior to leaving home for the procedure.

What side effects may I expect?

Since the prep works by flooding the intestinal tract with fluid, abdominal bloating and cramping may occur, as well as some nausea and vomiting. This is usually temporary, and as the diarrhea develops, symptoms will gradually improve. Weakness can also occur, especially if you have not taken enough fluid with the prep, and can be remedied by increasing fluid intake.

Will the prep interfere with my other medications?

Medications taken at least an hour before beginning the prep should be adequately absorbed, but thereafter, they are likely to be washed away by the prep.

Remember, stay close to the bathroom facilities and warn family members that the room belongs to you!!!

Good Luck! This is the hardest part of the procedure.

REMEMBER: Please call us if you have any questions at (718) 972-8500.