

**MAIN GASTROENTEROLOGY, P.C.**

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## **COLONOSCOPY**

### **MIRALAX AND GATORADE PREP**

**SEVEN** – Days before the procedure avoid any blood thinners Coumadin, Plavix, Heparin and Aspirin products.

**FIVE** - Days before the procedure **avoid**: corn, grapes, watermelon, rye bread, sesame seeds and foods that contain seeds.

Purchase at the pharmacy a 238 mg bottle of Miralax. Purchase a 64 ounce of Gatorade (NO RED OR PURPLE).

**THE DAY BEFORE THE PROCEDURE: MIRALAX and GATORADE instructions:**

**Have a regular breakfast and take your medications. Then only clear liquids for the rest of the day.**

**5:00PM:** Mix the 238 mg bottle of Miralax into the Gatorade. Shake the solution until the Miralax is dissolved. **DRINK** an 8 ounce glass every 15 minutes, slowly, until all the solution is finished.

**After you finish drinking the solution, continue drinking clear liquids until midnight**

**Do not eat or drink anything after midnight.**

If your procedure is scheduled after 1:00 PM you may have clear liquids in AM.