



**Gastroenterology Associates of Orangeburg, P.A.**  
**DIGESTIVE ENDOSCOPY CENTER**

**GATORADE MIRALAX SPLIT PREP**

Name : \_\_\_\_\_

Your procedure is scheduled on: \_\_\_\_\_ at \_\_\_\_\_ Report to Office / Hospital SDS at \_\_\_\_\_

**3 days before Your Colonoscopy:( Getting ready)**

Buy these medications at your drug store or supermarket

- Dulcolax 4 tablets
- Miralax 1 bottle (238 grams),
- Colorless or lemonade Gatorade—64 OZ or two 32 Oz bottle). Don't buy red color Gatorade.

These are available in the drug section and Grocery section of any supermarket or a drug store

- START a low fiber diet - DO NOT eat nuts, leafy vegetables, seeds, popcorn, or corn
- STOP fiber supplements: Metamucil, Citrucel, Fibercon, ColonClens etc.
- STOP taking iron pills ( we would have asked you to stop it for at least 15 days before)
- STOP medications that can cause bleeding. These include, Alka Seltzer, ibuprofen, Advil, etc. You would have been advised about this at your visit.
- If you are on blood thinners like Coumadin or Plavix please let us know and we will give you specific instructions about these drugs.

**One Day before Your Colonoscopy:**

- Drink only clear liquids today (clear liquids are clear sodas like Ginger Ale, clear Gatorade, GingerAle or 7Up. DO NOT DRINK ANY RED COLORED LIQUIDS
- At 3 p.m., take four (4) Dulcolax tablets
- At 7 p.m., mix the 238-gram bottle of Miralax with 64 ounces of cold Gatorade.. Shake the solution to mix thoroughly.
- Drink an 8-ounce glass every 10 minutes until half the amount ( 32 Oz) of the solution is finished. This should cause you to have some bloating and lot of diarrhea. You may continue clear fluids until bedtime.
- TAKE ANY OTHER MEDICATIONS REMEMBER TO TAKE YOUR BLOOD PRESSURE PILLS AS USUAL

**On the Day of the Colonoscopy:**

- WAKE UP EARLY AROUND 5 am and drink the other half( 32 Oz) of the Miralax-Gatorade Solution as quickly as possible. DO NOT EAT ANY FOOD THIS MORNING
- If you take blood pressure or heart medicine you may take it with a sip of water.
- Arrive at the scheduled time (Someone from the office will call you to remind you the day before your test.)
- **No Driving:** You will be given sleeping medicine for this procedure and you must have someone with you to drive you home. We cannot sedate you if you come driving yourself.
- Any questions email through [www.drmurali.com](http://www.drmurali.com) or call Dr. Murali (803) 533-2200/ Ext-0