



Gastroenterology Associates of Orangeburg, P.A.

DIGESTIVE ENDOSCOPY CENTER

COLONOSCOPY PREP WITH GATORADE AND MIRALAX

Your procedure is scheduled on: _____ at _____. If scheduled in office, please Report to Office at _____.
If Scheduled in Hospital Same day surgery, report at _____ AM

Getting ready (do all this at least 3 days before procedure):

Buy these medications at your drug store or supermarket/Grocery store:

(1) Dulcolax 4 tablets (2) Miralax 1 bottle (238 grams), (3) Colorless or lemonade Gatorade = 64 OZ or two 32 Oz bottle

Do not buy colored Gatorade; Buy only clear Gatorade that looks like water. If this is not available lemon gatorade is OK.

If you are on blood thinners, please let us know and we will give you specific instructions about these drugs.



1) THE DAY BEFORE YOUR COLONOSCOPY: ____/____/____

- YOU MUST NOT EAT ANY FOOD TODAY .
- Drink lot of water (12 oz every 3hrs) and clear gatorade from the time you wake up
- DO NOT DRINK ANY COLORED LIQUIDS
- At 3 p.m take four (4) Dulcolax tablets



2) At 5 pm, mix the 238-gram bottle of Miralax with 64 ounces of cold Gatorade (**clear, frosted or lemon-lime** Gatorade, without any colors)

- Shake the solution to mix thoroughly.
- Drink an 8-ounce glass every 10 minutes until half the amount (32Oz) of the solution is finished.
- Set aside the other 32 oz for next morning.
- This should cause you to have some bloating and lot of diarrhea. You may continue clear fluids until bedtime.

3) TAKE ANY OTHER MEDICATIONS (Including blood thinners) REMEMBER TO TAKE YOUR BLOOD PRESSURE PILLS AS USUAL.

Any questions: email Dr. Murali through website drmurali.com or call through operator 803-395-2200/ Extension 7

4) THE DAY OF COLONOSCOPY: ____/____/____



- WAKE UP EARLY at 4 am and drink the other half (32 Oz) of the Miralax+ Gatorade Solution as quickly as possible.
- AGAIN, 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 procedure).
- No Driving: You will be given medicine to sleep for this procedure and you must have someone with you to drive you home. We cannot sedate you if you come driving yourself.

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N. Murali, MD, FACP, FACG

1131 Cook Road
Orangeburg, SC 29118 USA
Ph: (803) 539-2005/ Fax: (803) 585-7548
www.drmurali.com