



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:

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:

- Eat/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 OR 6 am and drink the other half(32 Oz) of the Miralax-Gatorade Solution as quickly as possible.
- 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 or call Dr. Murali (803) 533-2200/ Ext-0