

Gatorade/Miralax Bowel Prep

You will need to drink a laxative solution to clean your colon. Please purchase the following items:

- Three 5 milligram Dulcolax (Generic – bisacodyl) laxative tablets – NOT suppository or stool softener
- One large bottle of Miralax (8.3 ounces or 238 grams) powder or generic polyethylene glycol 3350 (you can find this in the laxative section)
- One 64-ounce bottle or two 32-ounce bottles of Gatorade (**NO red or purple**) or other clear liquid of choice. If you have Diabetes, you may use sugar-free Gatorade.
- One Reglan Tablet (prescription only)

One day before your colonoscopy:

NO SOLID FOOD - Clear liquids only for breakfast, lunch & dinner. Please make an effort to drink clear liquids throughout the day.

1. **Start clear liquids as soon as your get up:** Clear liquid list provided below. No Solid Foods.
2. In the morning, in a pitcher, mix the 8.3-ounces of Miralax with the 64-ounces of Gatorade. Stir/shake the contents until entire contents of Miralax are completely dissolved. Chill if desired.
3. **At 1:00 pm:** Take three Dulcolax laxative tablets with water, by mouth
4. **At 2:00 pm:** Take the Reglan tablet
5. **At 3:00 pm:** Drink ½ of the Gatorade/Miralax solution. Drink 8-ounce glass every 15 minutes. You may drink it directly through a straw.
6. **At 9:00 pm:** Drink the other ½ of the Gatorade/Miralax solution. Drink 8-ounce glass every 15 minutes until finished with all of the solution.
7. Clear liquids allowed until midnight and then nothing to eat or drink.

Day of Procedure:

- Nothing to eat or drink
- Have someone with you to drive you home

Clear Liquid Diet List - Do not eat or drink anything colored red or purple

- Beverages:** Gatorade, Kool-Aid, Strained fruit juices without pulp – apple, white grape, orange, lemonade, Water, tea or coffee (no milk, non-dairy creamer, or lemon)
- Broths:** Chicken/beef bouillon or vegetable broth
- Desserts:** Hard candies, Jell-O (lemon, lime or orange; no fruit or toppings) Popsicle (no sherbet or fruit bars)