



Gastroenterology Associates of West Florida

Digestive Diseases and Nutrition

*Diplomates American Board of Gastroenterology
Diplomates American Board of Internal Medicine*

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PREPARING FOR COLONOSCOPY OR FLEXIBLE SIGMOIDOSCOPY USING THE MIRALAX/GATORADE ONE DAY PREP

You are scheduled for a Colonoscopy or Flexible Sigmoidoscopy on _____

Please be courteous to others and call with cancellations at least 72 hours prior. Make appropriate arrangements for co-pay and deductibles with the Surgery Center.

Needed prior to procedure:

1. Get blood drawn one to two weeks prior
2. 64 oz of Gatorade or PowerAde (not red)
3. Dulcolax **Laxatives**, 8 tablets
4. **Miralax** 238 gms over the counter

***You must discontinue Coumadin, Plavix, aspirin, Vitamin E, arthritis pills, and ibuprophen unless instructed otherwise for five (5) days prior to the exam. You may take Tylenol and/or Darvocet for pain.

***You will not be able to drive home after the test if you receive sedation. You must be accompanied by someone who can see you home after the exam

WE WILL NOT PERFORM THE EXAM ON PATIENTS WHO COME ALONE

TWO DAYS PRIOR TO THE EXAM – REGULAR DIET

1. Take 2 Dulcolax tablets by mouth at 7 PM.

ONE DAY PRIOR TO THE EXAM– NO SOLID FOOD

1. Take clear liquids only **ALL DAY** such as soda, broth, apple juice, tea, **BLACK** coffee, ice pops, and Jell-O **except** red Jell-O or other red colored liquids.
2. Put the 64 oz of Gatorade or PowerAde into a large pitcher. Add the entire contents of the 238 gm Miralax (Glycolax) to the pitcher. (both should be room temp when mixed) then refrigerate.
3. Continue to drink plenty of liquids through out the day and evening.
4. At 3:00 PM Drink 8 oz of Gatorade or PowerAde mixed with Miralax every 15 minutes until the entire 64 oz is consumed.
5. At 8 PM take 4 Dulcolax tablets by mouth. take 2 Dulcolax tablets at midnight if not running clean . (no solid pieces, should be liquid or mucas but no solids)
6. Nothing to eat or drink at least 6 hours prior to the procedure.

DAY OF EXAM

1. Take only Blood Pressure, Heart, and Lung medications as discussed with your doctor with a sip of water. **Do not take Diabetes pills or insulin.**
2. Do not wear make-up.

Doctors are available 24 hours day or night. Please call if you have problems with prep, questions about medications, or any other concerns: Call (727) 846-7031 or (352) 666-1441.