



YANKTON MEDICAL CLINIC®, P.C.

MIRALAX GATORADE PREP

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Board Certified General Surgeon

Questions? Call 605-664-2742

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www.YanktonMedicalClinic.com

You will need to purchase at any pharmacy:

- 4 Dulcolax tablets (Bisacodyl)
- 8.3 ounce bottle of Miralax
- 4.1 ounce bottle of Miralax
- 88 ounces of Gatorade (any color except red). If you are diabetic purchase the Gatorade G2.

3 days prior to your colonoscopy: _____ / _____ / _____

Begin a low fiber diet. Avoid foods high in fiber such as raw fruits or vegetables, whole wheat or bran. Also avoid nuts, popcorn or corn.

2 days prior to your colonoscopy: _____ / _____ / _____

Take 2 Dulcolax tablets between 4pm and 6pm. Then take two more tablets 2 hours later. Drink at least 8 glasses of fluids today.

The day before your colonoscopy: _____ / _____ / _____

1. NO solid foods today only clear liquid. NO MILK OR MILK Products. Clear liquids are anything you can see through. Broth, coffee, tea, jello, kool-aid, popsicles. Alcohol is not permitted. Drink 8 glasses of clear liquid throughout the day.
2. Between 4pm and 6pm mix 8.3 ounces Miralax with 64 ounces of Gatorade in a large pitcher. Stir until dissolved. Drink one 8 ounce glass every 15 minutes until gone. If you experience nausea or vomiting take a 15 minute break then continue.

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT EXCEPT FOR MIRALAX BELOW.

The day of your colonoscopy: _____ / _____ / _____

4 hours before your scheduled arrival, mix 4.1 ounce Miralax with 24 ounces of Gatorade. Drink one 8 ounce glass every 15 minutes until gone.

A nurse from the surgery center will call you the day before your procedure regarding which medications you should take the day of your procedure, and your arrival time. You will need someone to drive you home.

Inform us if you have Rheumatic fever, mitral valve prolapse, if you are on blood thinners or any herbal medications.

If you are on Coumadin, Pletal, Aggronox, or Plavix stop medications 5 days before procedure.

Avoid Advil, Motrin, ibuprofen, iron, fiber supplement, and fish oil 5 days before procedure.

If you have any questions, call our office at 605-664-2742.