

GI ASSOCIATES AND ENDOSCOPY
10500 S. CICERO Oak Lawn, IL 60453

Gatorade/Miralax Prep for Colonoscopy
Instructions for Colonoscopy

Date of Procedure: _____ Location: _____

Time of Procedure: _____ Arrival Time: _____

YOU MUST HAVE SOMEONE WITH YOU THE DAY OF THE PROCEDURE.
YOU CANNOT DRIVE OR WORK THE DAY OF THE PROCEDURE.

Before your procedure you will need to buy 3 things. They may be purchased at any drug store.

- 2 Dulcolax tablets (laxative). Not the suppository.
- 238 gram bottle of Miralax (powder).
- 64 oz Gatorade. (No red or purple). May also use Pedialyte or Vitamin water (No red or purple).
- **If Diabetic use G2 Gatorade low sugar, Pedialyte water or Vitamin water Zero. (No red or purple).**

THE DAY BEFORE YOUR PROCEDURE:

NO SOLID FOODS OR DAIRY PRODUCTS, NOTHING RED OR PURPLE IN COLOR.

You may have the following liquids:

- Coffee, Tea, Chicken Broth, Lemonade, Apple juice, Water, Popsicles, White grape juice
- Or White Cranberry juice, Jell-O or any liquids you can see through.

THE DAY BEFORE YOUR PROCEDURE:

- 3PM – Take the 2 Dulcolax tablets together.
- Mix the 238 grams of Miralax with the 64 oz of Gatorade.
- 5PM- Drink 32 oz of the Gatorade mix. 1 glass (8OZ) every 15 min until gone.
- 8PM- Drink the remaining 32 oz Gatorade mix. 1 glass (8OZ) every 15 min until gone.

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT EXCEPT MEDICATIONS.
SEE BELOW.

MEDICATION INSTRUCTIONS:

- If you are diabetic- Take only half of your normal dose of Insulin or Medication the day before the procedure. Please check your blood sugar the morning of the procedure.
- If you take high blood pressure medication, please take your blood pressure medication the morning of the procedure.
- If you take any aspirin or blood thinners (these include Coumadin, Plavix, Ibuprofen or Advil) do not take them for _____ days

If you have questions please call our office 708-424-1202.

You are advised to contact your insurance to see if prior authorization is required. Each policy is different and coverage is dependent on your policy.

Note: A \$200 fee will be assessed for all procedures cancelled less than 48 hours prior to the procedure or failure to show for your appointment.