



Miralax/Gatorade Colonoscopy Prep



IMPORTANT!
Please read these instructions one week prior to your procedure

It will take you several days to prepare for this test. You may also need to stop taking certain medications up to a week in advance. Please read these instructions well in advance of your procedure date. We recommend that you post these instructions in a visible location at home to remind you of the various steps you will need to take.

- **You will need to take the day off from work.**
- **You will need someone to drive you home after your procedure. You cannot drive yourself home because you will be receiving sedation medication.**

Patient responsibility

- If there are any changes with your insurance(s), please notify our office prior to your procedure date.
- After your procedure is scheduled, you may receive a call from the Lovelace Registration department to verify your information and insurance coverage. You may call the department with registration questions at 505-727-7833.
- If you need financial assistance with the cost of the procedure, or if you have financial or billing questions, please call 505-727-7833.
- If your insurance requires a referral, it must be current at the time of your procedure, or you may be liable for payment.
- Remember to bring your insurance card(s) with you the day of your procedure.

Purchases

- MiraLax 238g bottle, available over-the-counter. You do not need a prescription.
- 64 ounces of Gatorade (avoid red or purple colors).

Lovelace Medical Group
4705 Montgomery Blvd SE
Suite 102
(505) 727-7833

Five days prior to your colonoscopy

- **Coumadin, Plavix, Persantine, Ticlid (Blood Thinners):**

Do not discontinue these medications without instructions from your cardiologist, prescribing physician or Coumadin clinic. Contact the prescribing physician for instructions. If your physician does not want you to stop these medications, please notify our office at **727-7833**

- If you are diabetic, please contact your prescribing provider for diabetic medication instructions.

DO NOT take the following medications:

- **Alka Seltzer, Pepto Bismol, Iron supplements**

Three days prior to your colonoscopy

DO NOT eat foods that contain seeds, corn, or nuts

The day before your colonoscopy

- **DO NOT EAT ANY SOLID FOODS!**

- You can only drink clear liquids for breakfast, lunch, and dinner. See the list of clear liquids in this packet. Avoid red, orange and purple colored Jell-O and Gatorade. This discolors your stool and interferes with the colonoscopy.
- We suggest that you put the Gatorade in the refrigerator in the morning. It tends to taste better when it is cold.

The night before

- At 6 p.m. mix Gatorade with the bottle of MiraLax. Make sure you use a separate container for this mixing. Shake the solution until the MiraLax is dissolved. Begin drinking the solution at a rate of one 8 ounce glass every 10 to 15 minutes until you have taken half of the solution. If you become nauseated or begin vomiting while drinking the solution, slow down. When the nausea subsides, begin drinking the solution again.
- Continue your clear liquid diet throughout the night.

On the day of your colonoscopy

- 6 hours prior to your check-in time, begin drinking the second half of the MiraLax/Gatorade solution at a rate of one glass every 10 to 15 minutes until you have completed the entire container of fluid.
- By 6 a.m. the day of your procedure, please take your blood pressure, cardiac and seizure medications.
- **DO NOT** take any other medications 6 hours prior to the test.
- You may have clear liquids up until 4 hours prior to your appointment time.
- Bring inhalers, reading glasses, and hearing aids if you use them.
- Remove all jewelry and leave valuables at home.

Normal symptoms you may experience from the preparation:

- You will have diarrhea from the bowel preparation medications. This will start between a few minutes to three hours after you start the prep.
- Because of the diarrhea, you will need access to a toilet once you begin the bowel preparation. Plan your day with this need in mind.
- Most people have bloating and abdominal discomfort. This is normal. Do not be alarmed if you feel these symptoms.
- If you become nauseated or begin vomiting while drinking the solution, slow down. When the nausea subsides, begin drinking the solution again. Some people do not like the taste or the smell of the medicine, try chilling the liquids. Please take the medicine as directed.

Clear Liquid Diet

You may only drink or eat items on this list.

- Water
- Tea (no milk or cream; sugar is permitted.)
- Carbonated beverages (soft drinks – regular or sugar free.)
- Apple juice
- White grape juice
- Gatorade (no red, purple or orange in color)
- Lemonade (no pulp)
- Limeade (no pulp)
- Clear chicken or beef broth (no meat, vegetables, noodles, rice)
- Bouillon
- Clear consommé
- Snowcones or popsicles (no red, purple or orange in color)
- Hard candy
- Jell-O (no red, purple, or orange in color. We prefer that you have only light colors such as yellow or pink.)
- **ALCOHOL IS NOT PERMITTED!**

Call our office at
727-7833 if:

- **You cannot complete the bowel preparation as ordered**
- **You have the following symptoms after your procedure:**
 - Nausea
 - Vomiting
 - Fever
 - Chills
 - Bleeding
 - Abdominal pain

We require that you contact us at least 72 hours before your scheduled test if you wish to cancel your test.



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