



Glycolax / MiraLAX Prep for a Colonoscopy

Your Shopping List:

- 1) Glycolax or MiraLAX powder (8.3 oz or 238 grams), 10-ounce bottle of Magnesium Citrate, 30 mL simethicone, and a box of Ducolax Laxative Tablets.
- 2) 64 ounce bottle of Gatorade. **NOTE:** Do not purchase Gatorade that is red, purple, or dark blue in color.

COLONOSCOPY:

In order to achieve an accurate evaluation of your lower gastrointestinal (GI) tract, it is important that you properly prepare for the procedure. Doctors are able to obtain the clearest view of the bowel when it is flushed completely free of waste material. The thoroughness of this intestinal cleaning depends on you. Without your cooperation, the examination cannot accomplish its purpose and may have to be repeated.

DAY: _____ **DATE:** _____

Five (5) Days Before Procedure:

- Stop taking anticoagulants or blood thinners such as: Coumadin, Naprosyn, Nuprin, Persantine, Plavix, Relafen, Rufen.

Day Before Procedure:

- You will need to follow a clear liquid diet throughout the day. Items include: clear juices without pulp, clear soda, chicken or beef broth, popsicles, Jell-O, tea, etc. If you are diabetic, drink regular (non-diet) liquids in moderation throughout the day.
- Avoid dark colored liquids, dairy and orange juice products.
- At 9:00 AM Drink the 10oz bottle of Magnesium Citrate. (Drink Slowly to avoid nausea)
- At 3:00 PM Take 4 Ducolax (Bisacodyl) laxative tablets.
- At 5:00 PM Mix the entire bottle of Glycolax or MiraLAX powder and 30 mL of simethicone with the entire bottle of Gatorade. Shake the solution until the powder is dissolved. Begin drinking 8 oz of the solution every 10 to 15 minutes until finished.
- You may continue to have clear liquids until bedtime.
- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.**

Day of Procedure:

- No smoking before your procedure.
- No gum or hard candy / mints the day of the procedure.
- Take any currently prescribed heart or blood pressure medications (**DO NOT** take lisinopril) with a sip of water at least 2 hours before your arrival.
- If you are diabetic: To avoid dangerously low blood sugar, **Do Not** take your diabetic medication (pills or insulin) the morning of your procedure. You can resume your diabetes medications after the procedure once you have eaten.
- You may have clear liquids until 7:30 AM **ONLY IF YOUR PROCEDURE IS SCHEDULED AFTER 1:30 PM.**
- Plan on being at the facility for approximately 2 hours.
- A driver must accompany you to drive you home after your procedure. You will be sedated for your colonoscopy and will be drowsy for several hours after the procedure. You may not drive or work for 12 hours after the procedure.
- **YOU WILL NOT BE ALLOWED TO DRIVE OR TAKE A CAB.**