



# Digestive Care Center

## Miralax and Gatorade Clear/Propel Colonoscopy Prep *1 day Prep (procedure before 12:00 pm)*

Patient Name: \_\_\_\_\_ Account #: \_\_\_\_\_

Date of Colonoscopy: \_\_\_\_\_ Physician: \_\_\_\_\_

Arrival Time: \_\_\_\_\_ which is 1 hour before your procedure.

Place:	Gastrointestinal Endoscopy Center Suite 110 West (FIRST FLOOR) 801 St. Mary's Dr., Evansville (812)477-6103	Deaconess Main Lobby Patient Registration (812)450-3095	Gateway Main Lobby Patient Registration (812)842-2000	St. Mary's Hospital Main Lobby Patient Registration (812)485-4806
--------	----------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------	----------------------------------------------------------------	----------------------------------------------------------------------------

***\*Because of the medications you will receive, you must have someone accompany you that can stay in the Endoscopy Center waiting room while you have your procedure and drive you home after the procedure.***

### **Preparing for your Colonoscopy:**

1. Do not take these medications seven days before your procedure.
  - a. Aspirin, aspirin containing drugs, also Plavix. **You may take Tylenol, and Celebrex.**
  - b. Iron medications/supplements such as *Fermalox, Niferex, Ferrous Sulfate* or vitamins containing iron.
  - c. Non-Steroidal anti-inflammatory (arthritic) medications. (Advil, Nuprin, Motrin, Aleve, Ibuprofen, etc.)
  - d. Any fiber supplements such as *Metamucil, Citrucel, or Konsyl*.
2. **Please notify us** if you are taking any blood thinning medications, (examples: Aspirin, Coumadin, Plavix).  
**\*\*You must STOP taking Coumadin 5 days prior to your procedure.\*\***  
**ALWAYS** check with the physician managing your medications before stopping any blood thinning or diabetic medication.
3. The week before your colonoscopy you must not eat certain foods that contain seeds such as strawberries, tomatoes, popcorn, breads with sesame seeds, rice, caraway seeds (as in rye bread), chili or kidney beans, corn or red/orange Jell-O. Also, no fruit or vegetable skins or seeds, peas, grapefruit, oranges, pineapple, or lettuce. Also, refrain from Olean products.  
**Please note: You may have any foods not listed above including fruits and vegetables that are peeled and the seeds removed.**
4. You will need to purchase:
  - a. Dulcolax LAXATIVE tablets (must be the laxative tablets) – four- (4) (over the counter)
  - b. 1 Bottle of Miralax (238 grams) (over the counter)
  - c. Two 32 oz. bottles of Gatorade Clear or Propel. (Substitutes: Lemon Lime flavor of Gatorade, Powerade or All Sport, Arctic Shatter made by Powerade or Gatorade All Stars in Ice Punch flavor pack of 6)

### **Instructions The Day Before Your Procedure:**

1. Begin a clear liquid diet the day before your procedure (See clear liquid diet suggestions below).
2. Between 5:00pm-6:00pm take 4 Dulcolax laxative tablets with 8 ounces of water. About one hour after taking the Dulcolax laxative tablets mix a bottle of 32oz Gatorade Clear or Propel with 1/2 bottle of Miralax (119 gms.) Drink within a 1-hour period (roughly one glass every 15 minutes, until you've finished the 32 ounces).
3. Follow this with another bottle of 32 ounces of Gatorade Clear or Propel mixed with the remaining 1/2 bottle of Miralax (119 gms.) and drink within a 1-hour period (roughly one glass every 15 minutes, until you've finished the 32 ounces).
4. You may resume a clear liquid diet after you have finished drinking your prep.

### **The Day of the Procedure:**

1. You may drink black coffee, tea, or water until 4 hours before your procedure.
2. You should take any heart, blood pressure, or seizure medications that you normally take in the morning with sips of water.

***\*\*Please note: Some insurances do require outpatient precertification. It is your responsibility to notify us if precert is required for your procedure.***

***Clear Liquid Diet:*** *This diet has little food value, is nutritionally inadequate, and should be used for a limited time only.*

Soups: fat free broth or bouillon	Beverages: gingerale, ice tea, coffee, kool-aid, clear fruit juices, Hi-C carbonated beverages, (i.e. Coke, Sprite, Pepsi). Please avoid liquids containing red, purple or orange dye. <b>NO</b> milk, orange or tomato juice.
Desserts: plain gelatin desserts	