



# Gatorade/Miralax Prep

We at Huron Gastro are happy that you and your physician have made the choice to trust us with your digestive healthcare. By scheduling a fecal microbiota transplant (FMT), you have taken the first step to preserving your health for years to come.

If you have cirrhosis, congestive heart failure or kidney failure you should not take this prep and instead use the Golytely prep (see website or contact us since a prescription is required).

We want your procedure to go as smoothly as possible. In order for that to happen, there are some tips we have included in this bowel prep sheet. Now, here's what to do to get ready:

## 3 Days Before Your Procedure

- \* Obtain Miralax (Polyethylene Glycol) from your pharmacy.  
It comes in a 8.3 oz (238 gm) bottle. Generic equivalent is ok. No prescription is needed.
- \* Obtain Dulcolax laxative (not stool softener) from your pharmacy.  
You need a total of 4 Dulcolax laxative tablets. It is okay to substitute a less expensive generic for brand name Dulcolax. No prescription is needed.
- \* Obtain a total of 64 ounces of Gatorade.  
You can either buy one 64 ounce bottle or two 32 ounce bottles.
  - Avoid red colors. These can make it harder for the doctor to perform an accurate exam.
  - If you have diabetes you can try "G2" (low calorie Gatorade) or "Powerade Option/Zero" as another choice. Don't use just water, "Smart Water" or "Vitamin Water".

## 2 Days Before Your Procedure

- \* Avoid nuts, seeds, and salads.  
These can make it harder for your doctor to perform an accurate exam.

## 1 Day Before Your Procedure

- \* Follow a clear liquid diet as soon as you wake up. Drink lots of clear liquids to keep yourself well hydrated!  
  
A clear liquid diet includes water, coffee (only if you must; please limit coffee intake to 8 oz and must be black, no cream or non-dairy creamer), tea, soda, broth or clear juice like apple juice or white grape juice, popsicles, and Jell-O (no added fruit). Avoid red colors. No milk products.  
  
Do not eat any solid food.
- \* Swallow 2 of the Dulcolax tablets at about 1pm.
- \* At about 5:00 p.m. (start earlier at about 3:00 p.m if your schedule allows) mix your Gatorade and the entire container of Miralax and begin drinking.
  - Once you mix the Miralax powder into the Gatorade, make sure you shake it up so it is fully dissolved.

- Start by drinking 8 ounces of the mix every 15-30 minutes but save the last 2 glasses (about 16 oz) for tomorrow morning. If you start to feel nauseated you can drink the mix more slowly. Some patients tell us that walking around relieves nausea.

- Most people will begin to have diarrhea usually within 2 hours after drinking the mix. Eventually, the diarrhea should be thin light-colored liquid with no pieces. Although this is unpleasant, it allows the doctor to perform an accurate exam.

- \* Swallow the other 2 Dulcolax tablets at about 8pm (even if you haven't completed the Gatorade).

**Day of Your Procedure**

- \* Drink the last 2 glasses (about 16 ounces) of the mix 4-6 hours prior to your scheduled procedure. If you have an early morning procedure, this may require you to awaken very early!

- \* Stop drinking all fluids (including clear liquids and water) 4 hours prior before your procedure. (You may have a few sips of water only to take medications.) Keep an empty stomach!

- \* Do not eat any solid food. Avoid chewing gum and hard candy.

**Overview:**

3 days before	2 days before	1 day before	Day of Procedure
<ul style="list-style-type: none"> <li>- Buy Miralax</li> <li>- Buy Dulcolax</li> <li>- Buy Gatorade</li> </ul>	<ul style="list-style-type: none"> <li>- No nuts, seeds, salads</li> </ul>	<ul style="list-style-type: none"> <li>- Begin a clear liquid diet</li> <li>- Take 2 Dulcolax tablets at 1pm</li> <li>- Mix entire container of Miralax and Gatorade at 5pm</li> <li>- Drink 8 ounces of mix every 15-30 min <u>but save the last 2 glasses (16 ounces) for tomorrow morning</u></li> <li>- Take 2 Dulcolax tablets at 8pm</li> </ul>	<ul style="list-style-type: none"> <li>- No solid food</li> <li>- 4-6 hours prior to your procedure time, drink the last 2 glasses (about 16 ounces) of mix</li> <li>- Stop drinking clear liquids <u>4 hours before procedure</u></li> <li>- Do not eat any solid food</li> </ul>



## Fecal Microbiota Transplant (FMT)

Important! This exam requires that you have an empty stomach. Stop drinking all fluids (including clear liquids and water) 4 hrs before the exam (minimal sips are allowed only to take your usual medications). Avoid gum and hard candy.

What is it and why do I need it?

FMT or fecal transplant is a procedure that transfers stool from one person (a donor) to the patient's colon. The healthy bacteria in the donor's stool then helps repopulate the patient's intestinal bacteria with the hope of restoring colon health. The procedure involves obtaining donor stool and the patient undergoing a colonoscopy. Please make sure you have reviewed the colonoscopy instructions including the bowel cleansing prep.

Currently, FMT is approved for the treatment of refractory C difficile infection. In the future, it may be used to treat a variety of other illnesses and diseases.

The risks

Please refer to the colonoscopy risks. The risks of FMT include the standard risks of colonoscopy such as bleeding, infection, perforation and cardiopulmonary problems. Although the donor stool is thoroughly screened for infections, there remains a small risk of acquiring an infection or a disease from the donor.

The preparation

Please refer to the colonoscopy instructions. You will need to cleanse your colon as if you were undergoing a standard colonoscopy. Please follow the colonoscopy instructions carefully. You will be sedated for the procedure so you will need someone to drive you home.

The procedure

Please refer to the colonoscopy instructions. The physician performing the colonoscopy will infuse the liquefied donor's stool into the end of the small intestine or the beginning of the colon. The entire procedure usually lasts about 20-30 minutes.

After the procedure

Please refer to the colonoscopy instructions.

When you return home, you should consume only a liquid diet for 24 hrs.

You may not drive, make important decisions or operate machinery the rest of the day. You must have someone at least 18 yrs old with you during the entire time from check-in through recovery and to drive you home after the exam (a taxi or bus is not an option).