



Gatorade/MiraLAX Prep

3 Days Before Your Procedure:

- * **Buy MiraLAX (Polyethylene Glycol) from your pharmacy.**
 - It comes in an 8.3 oz (238 gm) bottle.
 - Generic equivalent is ok.
 - No prescription is needed.
- * **Buy Dulcolax laxative (not stool softener).**
 - You use only 4 Dulcolax laxative tablets.
 - Generic is ok.
 - No prescription is needed.
- * **Obtain a total of 64 ounces of Gatorade- No Red**
 - Your Gatorade purchase options are:
 - Buy one 64 ounce bottle or
 - Buy two 32 ounce bottles or
 - Buy two 28 ounce bottles (*but you will need to add 8 ounces of water to equal 64 ounces total fluid volume*)
 - If you have diabetes, you can try "G2" (low calorie Gatorade) or "Powerade Option/Zero"
 - Do not use 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.
- * **Mix your Gatorade and the entire container of MiraLAX.**
 - Once you mix the MiraLAX powder into the Gatorade, make sure you shake it up, so it is fully dissolved.

1 Day Before Your Procedure

- * **Follow a clear liquid diet as soon as you wake up.**
- * **Drink lots of clear liquids to keep yourself hydrated!**
- * **A clear liquid diet includes:**
 - water
 - coffee (only if you must; limit intake to 8 oz and must be black, no cream or non-dairy creamer, sugar is OK)
 - tea
 - soda/pop (no red dye)
 - broth- chicken, vegetable or beef
 - white grape juice

****No Red Dye****
**** No Milk Products****
**** No Solid Food****

- popsicles (no added fruit and no red dye)
- Jell-O (no added fruit and no red dye)

- * Swallow 2 of the Dulcolax tablets at about 1p.m.
- * At about 5:00 p.m. (start earlier around 3:00 p.m. if able):
 - Start by drinking 8 ounces of the mixture every 15-30 minutes.
 - **Save** the last 2 glasses (**about 16 oz**) for the morning of your procedure.
 - If you start to feel nauseated, you can drink the mix more slowly.
 - Walking around and using a straw may help as well.
 - Diarrhea may begin within 2 hrs after drinking the mixture.
 - Eventually, the diarrhea should be light-colored liquid with no pieces.
 - Swallow the other 2 Dulcolax tablets around 8:00 p.m. (even if you have not completed the Gatorade).

Day of Your Procedure:

- * Drink the last 2 glasses (about 16 ounces) of the mixture 4-6 hours prior to your scheduled procedure. You must be done drinking 4 hours prior
If you have an early morning procedure, this may be very early!
- * Stop drinking all fluids (including clear liquids and water) 4 hours 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!**

Examples of products to purchase:



Please continue blood pressure, cardiac, anticonvulsant, thyroid, neuromuscular and psych medications according to your normal schedule. If you take iron, diabetic medications, blood thinners or weight loss medications- oral or injectables, dosage adjustments are provided for you upon scheduling. Failing to stop these medications as directed before your procedure may result in anesthesia complications and possibly cancellation.

If you are unsure how to take your meds or have questions please contact Huron Gastro 734-434-6262