



Split Dose 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 sigmoidoscopy, 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 all day today. Drink lots of clear liquids to keep 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. 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 minutes **but save the last 2 glasses (about 16 ounces) 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 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.**

Overview:

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

