

Bowel Preparation with Gatorade, Dulcolax & Miralax

- DO NOT EAT OR DRINK ANYTHING 4 HOURS BEFORE YOUR SCHEDULED ARRIVAL TIME.**
- You must be accompanied by a friend or relative to drive and/or assist you home. We WILL NOT discharge you to a cab, bus or other transportation service without a responsible party with you. You may not drive for 12 hours following your procedure.**

Materials You Will Need to Prepare For Your Procedure

- Purchase at the Store:**
 - Miralax**, 8 oz. bottle (over the counter)
 - Dulcolax Laxative** or Bisacodyl (generic) Laxative over the counter
 - Gatorade**, 64 oz. bottle No RED OR PURPLE
- Clear Liquid Diet Instructions (see attached Clear Liquid Diet Sheet)**

Special Instructions Regarding Medications

- Do Not take Iron supplements for one week prior to the procedure date.** Multivitamins are OK.
- Stop taking Coumadin/Plavix _____ days prior to your scheduled procedure date.**
- Diabetic patients:** _____
- Do Not take Lasix, HCTZ or Dyazide (water pill) the day of the procedure**
- Heart/Blood Pressure/ Thyroid/Seizure/Nerve Medications can be taken on the day of the procedure** with a sip of water.
- Stop Effexor one day before the procedure**
- Asthmatic patients should bring their INHALERS with them on the day of the procedure**
- Other** _____

The Day Before Your Exam

- DO NOT EAT ANY SOLID FOODS. YOU MAY ONLY HAVE CLEAR LIQUIDS UNTIL 4 HOURS BEFORE YOUR SCHEDULED ARRIVAL TIME.**
- Take all of your normal prescription medications, **unless advised otherwise.**
- You may go to work, but be home by 6 pm to begin your bowel prep.
- Prepare the **Gatorade® and Miralax** solution in the morning. Mix the entire 238g bottle of Miralax with the 64 oz bottle of Gatorade® in a pitcher. Shake the solution until the **Miralax is dissolved**, then place in refrigerator.

PM Procedure

- At 6 pm – Take four (4) Dulcolax Laxative tablets with water.**
- At 6am (or earlier) on the morning of your procedure – Begin drinking the Gatorade and Miralax solution. Drink 8 ounces every 10-15 minutes - until the entire solution is consumed.**
- You must finish drinking this solution by 8 am.**
- WITH AN AFTERNOON PROCEDURE, you may have CLEAR LIQUIDS up to 4 hours prior to your Scheduled arrival time.**

⇒ Question about symptoms or medications call 484-356-1050 between **7:30 am- 3:30 pm (Nurse Line)**

⇒ General or reschedule questions call 610-431-3122

⇒ If you reschedule, ask to see if you need new prep instructions.

 Patient: Print Name

Signature

Date