

**Bowel Preparation with Gatorade, Dulcolax & Miralax**

- DO NOT EAT OR DRINK ANYTHING ON PROCEDURE DAY UNTIL AFTER PROCEDURE.**
- 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:**
  1. **Miralax**, 8 oz. bottle (over the counter)
  2. **Dulcolax Laxative** or Bisacodyl (generic) Laxative over the counter
  3. **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 ALL DAY UP UNTIL MIDNIGHT. After midnight nothing by mouth unless instructed otherwise.**
- Take all of your normal prescription medications, **unless advised otherwise.**
- You may go to work, but be home by 4 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.

**AM Procedure**

- At 4 pm** – Take four (4) **Ducolax Laxative** tablets with water.
- At 6 pm** – Begin drinking the **Gatorade and Miralax** solution. Drink 8 ounces every 10-15 minutes - **until the entire solution is consumed.**
- DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT**
- Other** \_\_\_\_\_

⇒ Questions 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 if you will need new prep instructions.

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 Patient: Print Name

Signature

Date