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***GATORADE/ MIRALAX PREPARATION
FOR COLONOSCOPY***

**Unless directed by the physician, if you take heart or blood pressure medication, you may take with only a sip of water at your normally scheduled time as well as take your inhaler at your normally scheduled time. *If you are taking Warfarin, Coumadin, Plavix, clopidogrel bisulfate, or diabetic medication, discuss this with the physician prior to your scheduled procedure date.*

- **STOP PRADAXA FIVE (5) DAYS PRIOR TO PROCEDURE.**
- **STOP EFFIENT SEVEN (7) DAYS PRIOR TO PROCEDURE.**
- No aspirin or aspirin containing products, Alka-seltzer, anti-arthritis or anti-inflammatory medications for seven (7) days prior to the scheduled procedure date. Tylenol is fine.
- No Metamucil, Fibercon, Citrucel or iron supplements five (5) days before your procedure.
- No vegetables for two (2) days before the procedure.

PURCHASE THE FOLLOWING: (ALL OVER THE COUNTER)

- 64oz of GATORADE (**NOT RED OR PURPLE**)
- 4 DULCOLAX LAXATIVES
- 1 BOTTLE OF MIRALAX (8.3 OZ)

*Please follow the preparation carefully and call the office if you have any questions.

24 HOURS BEFORE YOUR PROCEDURE

Start a clear liquid diet-water, apple juice, coffee, tea (without milk or nondairy creamer), broth, jello, ices (nothing red or purple).

AT ____ THE DAY _____ YOUR PROCEDURE

Take all four (4) Dulcolax laxatives with water. Do not chew or crush! Continue clear liquid diet.

AT ____ THE DAY _____ YOUR PROCEDURE

Mix 64oz of Gatorade with 1 bottle of miralax. Shake well. Drink one (1) glass of the mixed solution every 10 to 15 minutes until you finish all of the solution.

You may continue to drink clear liquids up to six hours prior to your procedure and then nothing by mouth until after your procedure time.

*You must have someone to drive you or accompany you home following the procedure due to the medication given at the time of the procedure. Please check with your insurance regarding pre-certification. **BRING YOUR MEDICATION LIST WITH YOU!**