



Attleboro Gastroenterology, P.C.

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**MIRALAX/GATORADE PREP for Colonoscopy**

**Purchase:** Prescription Mira lax 255 gram bottle, Bisacodyl (Dulcolax) tablets (20 mg) and Gatorade 64 oz.

**FIVE DAYS BEFORE:** Please **stop** aspirin, aspirin containing products, and anti-inflammatory meds (Ibuprofen, Motrin, Advil, Aleve, and Naprosyn). **You may take Tylenol.**

\*\*\*If you take Coumadin (Warfarin) stop this for **5 days** and Plavix for **3 days** unless otherwise instructed. You **MUST** notify the person that prescribed this drug of the date of your procedure for dose instructions after the procedure.

**THE DAY BEFORE:**

You **must** remain on **\*CLEAR** liquids for the day.

**3 PM** – Take the Bisacodyl (Dulcolax) tablets (total 20 mg) with clear liquid

**5 PM** – Mix the Mira lax in the 64 oz. Gatorade. Shake the solution until the Mira lax is dissolved.

Drink an 8 oz glass every 15 minutes until the solution is gone.

*Individual response to this laxative can vary anywhere from 15 minutes to 3 or more hours. We recommend that you stay **CLOSE** to the facilities!*

**IMPORTANT: DRINKING FLUIDS WILL IMPROVE YOUR INTESTINAL PREPARATION FOR THE TEST.** It Is Important To Take All Of The Tablets And All Of The Liquid.

**\*CLEAR LIQUIDS INCLUDE:** Strained fruit juices without pulp, white grape or cranberry juice, apple juice, lemonade, Gatorade, soft drinks, jello, popsicles and chicken or beef broth. **These liquids cannot be colored red or purple!** Consume 64 oz of sports drink during the day. You may have coffee or tea with sugar or sweetener. **NO** milk or cream.

**DAY OF PROCEDURE:**

**“NOTHING” TO EAT or DRINK for 6 hours before procedure**

\*\*\*\*\*You may take any blood pressure meds with water before 6AM in the morning.

**Report to Sturdy Hospital Emergency Room.** Your procedure time is approximate; please plan to be at the hospital approximately 2 - 3 hours.

You **MUST HAVE A RIDE HOME** from the hospital, this person must come inside to pick you up at the Endoscopy/ Day Surgery dept. You **WILL NOT BE ALLOWED TO DRIVE or RETURN TO WORK THAT DAY.** **This is not negotiable.** If you **must** take a taxi home **you are required** to be accompanied by a relative or friend. For your safety, please go home and rest.

Please bring a **current list of medications** that you are taking and bring inhalers if you use them. If you are **diabetic please check your glucose** the morning of the procedure

Special Instructions: \_\_\_\_\_

Your test is scheduled for \_\_\_\_\_ at \_\_\_\_\_

Arrive at the hospital at \_\_\_\_\_

Please call the office with any questions (508) 222-2021

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