

Miralax/Gatorade prep

ESTRELLA GASTROENTEROLOGY

You are scheduled to have the inside of your colon examined using video-camera equipment. A proper preparation is very important for an adequate examination. Please follow the instructions carefully.

- Since you will be given sedatives, you will not be allowed to drive after the exam. Hence you must have someone who can drive accompanying you to the hospital. Plan on spending 2-3 hours in the hospital.
- There are always some risks to any examination. The complications of a colonoscopy include perforation (a hole in the bowel that may require surgery to be fixed), bleeding (that may require a blood transfusion and drug reactions among others. These complications are rare, occurring in less than one percent of the cases. If a polyp is removed, the complication rate is 1-2%.
- There is about 5-6% chance that a colonoscopy may miss an existing lesion such as small polyps and/or cancer.

WEEK PRIOR TO EXAMINATION

Pick up **4 Bisacodyl** tablets (**Dulcolax, ExLax**, etc), One bottle (255 grams) of **Miralax** (Glycolax, Polyethylene Glycol) and Two 32 oz bottles of **Gatorade or Powerade** (Lime/Lemon flavor). If you are on **Iron pills** stop taking them a week prior to the test.. If you are taking a **blood thinner (Plavix, Warfarin, Coumadin)**, the doctor will instruct you whether you can stop taking this medication. You can continue other medications. Avoid eating foods and fruits that contain seeds (strawberries, melons, poppy seeds)

DAY BEFORE EXAMINATION

Enjoy a light breakfast of black coffee, tea, eggs, juice. Do not have bread, cereal, oatmeal. After breakfast you are only allowed to have **clear liquids** such as; **water, tea, coffee, apple juice, Ginger Ale, gatorade, 7 Up, broth's, clear soups, Jell-o** (not red or green). **No dairy products or creamers.**

At 12:00 pm take 4 Bisacodyl tablets with 8 ounces of water

At 5:00 pm mix a bottle of 32 onz Gatorade with ½ bottle of Miralax (127 grams). Drink it over 2 hrs

At 8:00 pm drink another 32 onz of Gatorade mixed with remaining ½ bottle of Miralax.

You may resume clear liquid diet after you have finished drinking your prep.

DAY OF EXAMINATION

You can take you heart and blood pressure medication the morning of the test with a sip of water. If you are on diabetic pills, don't take them the morning of the procedure.

Do not eat or drink on the day of the procedure.

Please arrange for transportation, you cannot drive after the procedure.

For questions or rescheduling of your appointment, please call 623-935-4056 as soon as possible.

Thank you