



PINNACLE
GASTROENTEROLOGY

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MiraLAX and Gatorade Preparation Instructions

The success of your colonoscopy procedure depends on if the doctor has a clear view of the lining of your colon, which should be free of stool.

Please follow the instructions below carefully to ensure you are ready for the procedure. The day before the procedure you will be on a clear liquid diet.

NO SOLID FOODS. NO red/orange/purple or blue liquids or dairy products.

The clear liquids (liquids that can be seen through when held to light) you may drink are the following:

- Coffee (black)/Tea
- White cranberry juice/Lemonade
- Jello and/or Popsicles (green, yellow or white)
- Clear broth (vegetable, beef or chicken)
- White grape juice
- Clear soda (Sprite or 7up) or plain water
- Gatorade (green, yellow or white)

Purchase the following from any pharmacy:

- 2- 8.3 oz bottles of powder Miralax
- 2- 32 oz of yellow or white Gatorade
- 2 Dulcolax tablets

Mix the above contents and chill them in the fridge.

Take the two Dulcolax tablets around noon. Anywhere from 1 to 3 pm, start drinking 8oz of the prep every **15-30 mins until the entire mixture is finished. If you start to feel too full/nauseated**, you may pause the prep for 1 hour; then resume. All liquids must be stopped at around midnight the day prior to your procedure. **Do not** drink anything morning of the procedure-your procedure will be delayed or cancelled due to anesthesia guidelines.

1. You will need a driver as you will be sedated for the procedure. You may not call a taxi or use a ride service such as Uber or Lyft.
2. If you take blood pressure medication: you may take the morning of your procedure with a very small sip of water. If you are diabetic, take 1/2 dose of the medication the day before. **DO NOT** take any the **morning of the procedure.**
3. If you take blood thinners (Aspirin, Coumadin, Plavix, etc) clearance will be obtained by the medical staff and you will be provided specific instruction on when to hold.
4. **Any questions please call 833-368-8688**