

# **Gastroenterology Associates of Venice and Englewood**

**Tariq J. Khan, M.D., FACG      Jaffer J. Khan, M.D.,  
MACG**

8421 Pointe Loop Dr. 2<sup>nd</sup> Floor, Venice, FL 34293 \* 941-412-9787

## **Center of Surgical Excellence**

941-412-2100

[www.surgeryvenice.com](http://www.surgeryvenice.com)

### **Gatorade/Miralax Prep**

We at Gastroenterology Associates of Venice & Englewood are happy that you and your physician have made the choice to trust us with your digestive healthcare. By scheduling a colonoscopy, you have taken the first step to preserving your health for years to come.

**If you have cirrhosis, congestive heart failure or kidney failure you should not take this prep** and instead use the Golytely prep (contact us since a prescription is required).

We want your procedure to go as smoothly as possible. In order for that to happen, there are some tips we have included in this bowel prep sheet. Now, here's what to do to get ready:

#### **3 Days Before Your Procedure**

- ❖ **Obtain Miralax from your pharmacy**  
It comes in a 8.3 oz (238 gm) bottle. No prescription is needed.
- ❖ **Obtain Dulcolax laxative (not stool softener) from your pharmacy.**  
You need a total of 4 Dulcolax laxative tablets. It is okay to substitute a less expensive generic for brand name Dulcolax. No prescription is needed.
- ❖ **Obtain a total of 64 ounces of Gatorade.**  
You can either buy one 64 ounce bottle or two 32 ounce bottles.
  - Avoid red colors. These can make it harder for the doctor to perform an accurate exam. Use Lemon-Lime or Blue Ice.
  - If you have diabetes you can try "G2" (low calorie Gatorade) or "Powerade Option/Zero" as another choice.

#### **2 Days Before Your Procedure**

- ❖ **Avoid nuts, seeds, and salads.**  
These can make it harder for your doctor to perform an accurate exam.

## 1 Day Before Your Procedure

❖ **Follow a clear liquid diet.**

A clear liquid diet includes water, coffee (only if you must – limit to 8 oz), tea, soda, broth or clear juice like apple juice or white grape juice, Popsicles, and Jell-O (no added fruit). Avoid red colors. No milk products.

DO NOT EAT ANY SOLID FOOD. DRINK AT LEAST ½ GALLON OF REGULAR WATER BEFORE MIDNIGHT.

❖ **Swallow 2 of the Dulcolax tablets at about 1pm.**

❖ **At about 3:00p.m. mix your Gatorade and the entire container of Miralax and begin drinking.**

- Once you mix the Miralax powder into the Gatorade, make sure you shake it up so it is fully dissolved.
- Start by drinking 8 ounces of the mix every 15 minutes till finished. If you start to feel nauseated you can drink the mix more slowly. Some patients tell us that walking around relieves nausea.
- Most people will begin to have diarrhea usually within 2 hours after drinking the mix. Eventually, the diarrhea should be thin liquid with no pieces. Although this is unpleasant, it allows the doctor to perform an accurate exam.

❖ **Swallow the other 2 Dulcolax tablets at about 8pm (even if you haven't completed the Gatorade).**

## Day of Your Procedure

- ❖ No food or drinks. You may take any necessary medication with a sip of water.
- ❖ Bring along someone who can drive you home.
- ❖ No Plavix or Coumadin for 5 days prior to your colonoscopy. Please check with your physician to see if this is acceptable.
- ❖ Do not eat any solid food.

You should NOT plan on working or driving the rest of the day due to sedation given at the procedure.

