## MiraLAX Gatorade or Powerade 2-Day Colonoscopy Preparation

**Preparing for your procedure**

Your procedure is scheduled for: ________________________________

Please check in at: __________ a.m./p.m.

Show your current insurance card and photo ID at check-in.

**What you’ll need**

Your prescription bowel preparation (see below) will be available at the pharmacy written in above 7 days before your procedure. Items listed below are also available over-the-counter.

**If you have kidney problems, you may need to use a different preparation. For instructions, call your gastroenterology clinic (see the handout Gastroenterology and Endoscopy Locations).**

- MiraLAX (a laxative)—2 bottles (8.3-ounces or 238 grams each)
- Bisacodyl—4 tablets that must contain 5 milligrams of Bisacodyl, such as Dulcolax laxative tablets (Don’t use Dulcolax stool softener.)
- Magnesium citrate (a laxative)—10 ounces
- Gatorade or Powerade noncarbonated sports drink—2 bottles (64 ounces each): Regular Gatorade, regular Powerade, Gatorade G2 and Powerade Zero are OK. Choose a green-, yellow- or clear-colored flavor. **Don’t choose a red- or purple-colored flavor.** Don’t use powdered Gatorade.

<table>
<thead>
<tr>
<th>What you’ll need</th>
<th>7 days before your procedure</th>
<th>5 days before your procedure</th>
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<tr>
<td><strong>Your prescription bowel preparation (see below)</strong> will be available at the pharmacy written in above 7 days before your procedure. Items listed below are also available over-the-counter.</td>
<td><strong>Talk to your primary care clinician about stopping any:</strong></td>
<td><strong>Start eating a low-fiber diet.</strong> A low-fiber diet helps make the bowel preparation more effective. See the handout Low-Fiber Diet Guidelines (#20953).</td>
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<td><strong>If you have kidney problems, you may need to use a different preparation. For instructions, call your gastroenterology clinic (see the handout Gastroenterology and Endoscopy Locations).</strong></td>
<td>» Anticoagulation medications, such as apixaban (Eliquis), dabigatran (Pradaxa), rivaroxaban (Xarelto) or warfarin (Jantoven or Coumadin).</td>
<td><strong>Stop taking Metamucil or FiberCon fiber supplements.</strong></td>
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</table>
| » Antiplatelet medications, such as clopidogrel (Plavix). | **Ask your primary care clinician for instructions if you:** | **Drink at least eight 8-ounce (237-milliliter) glasses of water throughout the day. Cross out each square as you drink a glass.**
| » Take insulin for diabetes. | » Have heart valve disease. | □ □ □ □ □ □ □ □ |
| » Had heart valve replacement. | » Start eating a low-fiber diet. A low-fiber diet helps make the bowel preparation more effective. See the handout Low-Fiber Diet Guidelines (#20953). | **Don’t drink any alcoholic beverages.** |
| » Stop taking multivitamins and other medications with iron. | **Arrange for a ride home from a licensed driver after your procedure.** Don’t take a bus, cab or ridesharing service unless an adult rides with you. Don’t ride a motorcycle. | **Complete the health history form provided along with these instructions.** |

**CONTINUED**
### 2 days before your procedure
- See tips for colon cleansing in the handout *Colonoscopy: What to expect* (#13060).
- **Don’t eat any solid food.** Begin a **clear-liquid diet**. Clear liquids look like colored water and you can see through at room temperature. **Don’t drink any red or purple liquids.** The color may interfere with your procedure. **You may have any of the following:**
  - Water, clear broth or bouillon, coffee or tea **without** milk or nondairy creamer
  - Gatorade, Powerade, Pedialyte, carbonated and noncarbonated soft drinks, Kool-Aid or other fruit-flavored drinks and strained fruit juices **without** pulp (apple, white grape, white cranberry)
  - Jell-O, Popsicles and hard candy
- Drink at least eight 8-ounce glasses of water throughout the day. Cross out each square as you drink a glass.
- **At 6 p.m.,** mix 1 bottle **MiraLAX** with 64 ounces of Gatorade or Powerade in a large bowl or pitcher.
  - Drink 1 glass (8 ounces) of the solution.
  - Continue drinking 1 glass (8 ounces) of the solution every 10 minutes until the pitcher or bowl is empty.
  - If you experience nausea or vomiting, rinse your mouth with water and take a 15- to 30-minute break. Then continue drinking the mixture. Expect to have diarrhea. You may feel chilled.
- You may continue to drink clear liquids.

### 1 day before your procedure
- Continue a **clear-liquid diet**.
- Drink at least eight 8-ounce glasses of water throughout the day. Cross out each square as you drink a glass.
- **At 5 p.m.,** take 4 Dulcolax tablets.
- **At 6 p.m.,** mix 1 bottle of **MiraLAX** with 64 ounces of Gatorade or Powerade in a large bowl or pitcher.
  - Drink 1 glass (8 ounces) of the solution.
  - Continue drinking 1 glass (8 ounces) of the solution every 10 minutes until the pitcher or bowl is empty.
- If you have nausea or vomiting, rinse your mouth with water and take a 15- to 30-minute break. Then continue drinking the solution. Expect diarrhea and chills.
- You may continue to drink clear liquids.

### Day of your procedure
- **Four hours before** your procedure, drink the 10-ounce bottle of magnesium citrate.
- **Three hours before** your procedure stop drinking all liquids, including water.
- You may take your morning medications with 4 ounces of water after finishing the MiraLAX solution.
- Your stool should be clear or yellow liquid. If you are unsure if your colon is clean, call your gastroenterology clinic (see the handout *Gastroenterology and Endoscopy Locations*) before leaving for your procedure.
- Bring your:
  - Health insurance card
  - Photo ID
  - Completed health history form
  - Adult to drive you or ride with you home

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**Remember**

Drinking the solution quickly is part of how the preparation works.