

Gatorade Colonoscopy Preparation

Purchase these over-the-counter laxatives:

1. GATORADE- Two 32 oz bottles, any clear flavor (except no RED or PURPLE)
2. DULCOLAX- 5mg tablets (four tablets)
3. MIRALAX- 238 gram bottle
4. MAGNESIUM CITRATE- 10 oz bottle

The Day BEFORE Your Colonoscopy: Clear liquid diet only

1. ABSOLUTELY NO SOLID FOOD

2. DRINK ONLY CLEAR LIQUIDS:

water, clear fruit juices such as apple or white grape, chicken or beef broth, jello (no RED or PURPLE), clear Gatorade, popsicles (again no RED or PURPLE), clear soft drinks, coffee without cream or sugar

3. NO MILK OR MILK PRODUCTS. NO ORANGE JUICE. NO TOMATO JUICE

3 PM: Take 2 DULCOLAX tablets

5 PM: Mix the entire bottle of MIRALAX into the 64 ounces of GATORADE either in a large pitcher or split between the two 32 oz bottles. Shake or stir the solution until fully dissolved. Drink an 8 ounce glass every 30 minutes until the solution is gone.

7 PM: Take the last 2 DULCOLAX tablets.

10 PM: Drink the entire bottle of MAGNESIUM CITRATE.

The DAY of Your Colonoscopy

You may continue the clear liquid diet up until 2 hours prior to your procedure time.

Be sure to bring someone who can take you home.

REMEMBER: your preparation is very important. An adequate clean out allows for the best evaluation of your entire colon. During the prep, using flushable baby wipes and a skin barrier ointment (Desitin) may ease some of your discomfort.

Lastly, you should not plan on working or driving the rest of the day due to the sedation given during the procedure.

