
GATORADE/MIRALAX BOWEL PREP

PM Procedure

Please follow the instructions carefully to ensure a successful prep.

If you have any medical or medication questions, please contact the Scheduling Department at 605-721-5400.

- You will receive sedation for this procedure. You must be accompanied by an adult friend, relative, or caregiver to drive you home. You may not drive or go home by taxi or bus. If you do not have a driver, your procedure will be cancelled.
- If you have any questions regarding pre-authorization, network participation or your financial responsibility, please call (605) 721-8500 or (800) 336-3503 ext. 3507 to speak to the Patient Benefits Coordinator for assistance.
- You should plan to be at The Endoscopy Center or Monument Health Rapid City Hospital for 2 to 3 hours.
- See our website www.RCGastro.com and click the Endoscopy Center Tab for more information regarding our physicians and procedures.

7 Days Before Procedure

- The following over the counter medications are needed for your colonoscopy preparation. They are available at your local pharmacy:
 - **MiraLAX** (238 grams) or generic equivalent: **two 8.3 ounce bottles**
 - **Simethicone** (Common brands are Gas Relief, Gas-X, and Mylanta Gas. Cherry flavor is fine) over the counter: **two 125 mg tablets**
 - **Dulcolax (bisacodyl)** laxative: **two 5 mg tablets** *Buy laxative tablets, NOT stool softener
 - **Gatorade** (no red, blue, or purple): 96 oz total (purchase one 64 oz and one 32 oz bottle)
- Optional items to purchase:
 - Pre-moistened wipes and ointment (A&D, Desitin) for use during prep to avoid irritation
 - Additional clear liquids (no red, blue, or purple)
- Diabetics – contact physician for medication adjustments
- If you take **Phentermine** (Adipex-P, Lomaira, Suprenza), or **Contrave** (Naltrexone-bupropion), please notify us and contact your prescribing physician if you have not already received instructions about holding these medications.

5 Days Before Procedure

- Make sure you have a driver – if unable to keep scheduled appointment, please contact the Scheduling Department at (605)721-5400.
- Stop iron and fiber supplements and erectile dysfunction medications (Cialis/Viagra)
- If you are taking Aspirin 325mg, decrease dose to 81mg
- If you are on a **blood thinning medication** (Coumadin, Xarelto, Brilinta, Ticlid, Heparin, Effient, Plavix, Pradaxa, Aggrenox, Eliquis) and have not received instructions regarding adjusting your medication, please contact the scheduling department at (605)721-5400. These medications need to be held prior to procedure.

4 Days Before Procedure

- Take one capful of MiraLAX (17g) mixed in juice or flavored water

3 Days Before Procedure

- Take one capful of MiraLAX (17g) mixed in juice or flavored water
- Stop eating popcorn, nuts, seeds, fruits and vegetables, and foods containing Olestra (fat-free foods including fat free chips and crackers)
- Begin low residue/low fiber diet (see www.RCGastro.com for examples)

2 Days Before Procedure

- Take one capful of MiraLAX (17g) mixed in juice or flavored water

1 Days Before Procedure

- Eat low residue/low fiber diet until 11:00 am
- Clear liquids only after 11:00 am – no solid foods
 - Approved: Sodas/pop, black coffee, tea, clear juices, fitness waters, chicken/vegetable/beef broth, gelatin, popsicles without pulp
 - Not Approved: milk/dairy/creamer, juices or popsicles with pulp, red/purple/blue colored liquids
- At 12:00 pm, take 2 (5mg) tablets of Dulcolax with 8 oz of water or clear liquid**
- Apply ointment (A&D, Desitin) to rectal area prior to starting prep and repeat as needed to avoid irritation
 - Use pre-moistened wipes after bowel movements as needed
- Pour 64 oz. of Gatorade into a pitcher (If you prefer to drink it chilled, refrigerate).
- At 4:00pm, take a dose (125 mg) of Simethicone.**
- Mix and Begin drinking prep at 4:00pm**
 - Mix together **ONE ENTIRE BOTTLE** (8.3oz/238g) of MiraLAX with the **64 oz** bottle of Gatorade
 - You will use the open bottle of MiraLAX you've been using for your daily dose of MiraLAX tomorrow with the **32 oz** bottle of Gatorade
 - Drink the Gatorade/MiraLAX solution by 10:00 pm
 - You will have diarrhea and may feel chilled from drinking the prep
 - If you begin to feel nauseated, wait 30 minutes and then resume drinking the prep
 - Continue drinking clear liquids this evening
- Diabetics – monitor blood sugar closely
 - If blood sugar is >350, contact your prescribing physician
 - If blood sugar is low, drink sweetened clear liquids or suck on hard candy

Day of Procedure

- At 8:00 am, take a dose (125 mg) of Simethicone.**
- Mix the remaining MiraLAX (from the bottle you used for taking a dose daily prior to procedure) into the **32 oz** bottle of Gatorade, and begin drinking the Gatorade/MiraLAX solution.
- Finish prep and clear liquids by 10:30 am.
- Take your prescribed medications unless otherwise instructed
- Do not take Aspirin or Aspirin-containing products today
- Nothing by mouth after **10:30 am** including water, gum, hard candy, smoking, or chewing tobacco
- Do not wear jewelry, piercings, or eye make-up to appointment
- Bring inhalers, CPAP machine, and/or eyeglasses case with you if you use these items
- You do not need to come in earlier than your stated check-in time. Additional time for check in and admission is already built into check-in time.
- You must have a responsible adult driver or your procedure will be cancelled.
- Be sure to bring picture ID, insurance cards, co-pay or deductible portion of your procedure with you.