

MIRALAX - DULCOLAX (2) - GATORADE DAY-BEFORE PREP INSTRUCTIONS

Doctor: _____ Date of Colonoscopy: _____ Arrival Time: _____ AM
PM

Location: SC Endoscopy Center WC, 131 Summerplace Drive, West Columbia, SC 29169
 SC Endoscopy Center NE, 11 Gateway Corners Park, Columbia, SC 29203
 Other: _____

PHYSICIAN REMINDERS:

- On the day before your procedure, **ONLY** consume clear liquids, such as:
 - Water
 - Clear broth
 - Apple juice
 - White cranberry juice
 - White grape juice
 - Ginger ale
 - Plain gelatin
 - Frozen juice bars
- On the day before your procedure, **DO NOT** drink any of the following:
 - NO red/purple liquids
 - NO liquids you can't see through
 - NO alcoholic beverages
- Stay hydrated
- Apply a dab of petroleum jelly around anus before and after each bowel movement for added ease and comfort.
- IMPORTANT. DO NOT eat or drink anything after midnight.**

DAY-BEFORE INSTRUCTIONS:



Step 1: Mix 8.3oz (14 caps full) of MiraLAX with 64oz of **Gatorade** (no red or purple; if diabetic, use Powerade Zero) and refrigerate mixture to keep cool until use.

DATE: _____ **START: 4:00 PM**

- Drink 1st 8oz glass at 4:00pm
- Drink 2nd 8oz glass at 4:30pm
- Drink 3rd 8oz glass at 5:00pm
- Drink 4th 8oz glass at 5:30pm



Step 2: Take (5mg) **Dulcolax** tablets.

- Take 2 tablets at 6:00pm
- Take 2 tablets at 8:00 pm

Step 3: Drink remainder of **MiraLAX** and **Gatorade** mixture.

- Drink 5th 8oz glass at 6:00pm
- Drink 6th 8oz glass at 6:30pm
- Drink 7th 8oz glass at 7:00pm
- Drink 8th 8oz glass at 7:30pm

OVER THE COUNTER



IMPORTANT

Do not eat or drink anything after midnight.

Failure to do so may result in the need to reschedule your procedure.