

# Preparing For Your Colonoscopy

**SurgCare** 

Contact our office  
at 812-847-3381

## **You will need to purchase the following at the store:**

- 1 bottle of Miralax 238 grams (You can also purchase a generic brand.)
- 4 Dulcolax laxative tablets. (Available over the counter, you can also purchase a generic brand)
- 2 bottles (32oz each) of low-calorie Gatorade or other sports drink. (No red or purple flavors)

You may also want to purchase some vitamin A&D ointment (diaper rash cream). This can help if you have discomfort due to having multiple bowel movements.

## **The day before your exam:**

Starting when you get up, drink 8 ounces of clear liquids every hour while you're awake. Don't eat any solid foods or dairy products. Any clear liquids you drink cannot be red or purple. If it's not on the list below, you can't have it.

## **These clear liquids are okay to drink:**

- Water
- Low calorie Gatorade (not red or purple)
- Apple juice or white grape juice
- Lemonade (sugar free)
- Diet Sprite or Diet 7UP
- Coffee or tea (no cream or sugar)
- Clear broths
- Popsicles or Jell-O (sugar free, not red or purple)

You can also use artificial sweeteners, but not real sugar or honey. Try to limit the amount of sugary liquids you drink. When sugar is digested, it creates methane gas.

## **Mix the Miralax® and sports drink together:**

Pour half of the bottle of Miralax into one of the 32-ounce bottles of low-calorie sports drink. Pour the other half of the Miralax into the second bottle of low-calorie sports drink. Put both bottles of Miralax and low-calorie sports drink mixture into the refrigerator to get cold.

## **At 4 or 5 PM the day before your exam:**

Take 4 Dulcolax tablets with water. Drink the first bottle of Miralax and low-calorie sports drink mixture. Keep drinking 8 ounces of clear liquids every hour. Note: You can keep drinking the clear liquid diet until you have your second bottle of Miralax and low-calorie sports drink mixture.

## **Five hours before your colonoscopy:**

Drink the second bottle of Miralax and low-calorie sports drink mixture 5 hours before your colonoscopy. This may mean you have to get up very early in the morning. Drink 8 oz every 15 to 30 minutes until the bottle is gone.

**Once you've finished the second bottle, don't drink any more liquids until after your exam.**