

## Preparation for Colonoscopy

### MiraLAX and Gatorade

PROPER PREPARATION IS EXTREMELY IMPORTANT FOR THIS TEST.

A clean bowel is essential for the success and safety of your colonoscopy. Your appointment will be cancelled if the following instructions are not followed and proper bowel preparation is less than adequate.

#### IMPORTANT DIETARY AND MEDICATION RESTRICTIONS

- If you are diabetic, you must speak with **your family physician** (or the physician who prescribed your diabetes medication) about using insulin or pills for your diabetes on the day of your procedure.
- If you are taking Aspirin, arthritis medications or iron, speak with the physician who prescribed these medications about whether or not you need to stop them at least one week before your procedure.
- If you take warfarin (Coumadin), low molecular weight heparin (e.g. Fragmin, Lovenox) or Plavix, discuss with your prescribing specialist or family doctor if these medications can be safely stopped one week prior to your examination.
- Eat no seeds, grapes, corn, peas, tomatoes or cucumbers for 3 days prior to the test.

#### THE DAY PRIOR TO THE EXAMINATION

1. Have clear fluids only.  
Clear fluids include clear soup broth, Jell-O, tea or coffee (black only), soft drinks, clear fruit juice, Powerade, Gatorade.
2. Mix the entire 238 gram bottle of MiraLAX with two litres of Gatorade (any color except red) in a large pitcher. Stir well and add ice. Be sure to stir the solution until the MiraLAX is completely dissolved.
3. At 4:00 p.m., drink an 8 ounce (250mL) glass every 10-15 minutes until the solution is entirely gone. This will take you about 2 to 2 1/2 hrs to complete. If you feel nauseated, stop drinking the solution for one hour, but remember to drink all of the solution within 4 hours.
4. Remain near toilet facilities for the rest of the evening.
5. Continue to drink clear fluids until bedtime.
6. After 11:00 p.m., do not eat or drink anything, including water.

#### THE DAY OF THE EXAMINATION

Take your medications with a sip of water.