



Miralax Gatorade Prep

Before you start to prep purchase:

- one 8.3 ounce bottle of Miralax powder
- one Dulcolax Laxative tablet(not stool softener)
- one 64 ounces bottle of regular or reduced sugar Gatorade
- one 10 ounce bottle of Magnesium Citrate (Only use the lemon flavored Magnesium Citrate --- No red or purple colors)

Follow the pre-colonoscopy diet plan as directed beginning 3 days prior to your procedure. * Eat exactly what is permitted: Do not take any liberties. *

THE DAY BEFORE YOUR PROCEDURE - BETWEEN 3 AND 5 PM - START YOUR PREP

- Take the one Dulcolax laxative tablet (non stool softener)
- Then mix the bottle of Miralax with 64 ounces of Gatorade in a large pitcher.
- Start drinking an 8 ounce glass of the Miralax/Gatorade solution every 15 minutes until the entire mixture is gone.
- If you experience nausea - slow down your prep intake, walk around until nausea relieved.

THE DAY OF YOUR PROCEDURE - 4 HOURS BEFORE YOU LEAVE YOUR HOME FOR YOUR APPOINTMENT

- Drink the 10 ounce bottle of Magnesium Citrate.
- You may drink clear liquids until 3 hours before your appointment arrival time.
- You may take your usual prescription medication (except those listed in the booklet) with water up to 3 hours before your appointment time.
- Do not use items such as gum, hard candy, breath mints or smokeless tobacco the day of your procedure.
- If you have questions or concerns or if you are unable to prep, please call your physician's office. If the time is after normal office hours the answering service will take your call and contact the physician on-call.

Pre- Colonoscopy Diet Plan

- **3 days before your procedure** Follow Low Fiber Diet Instruction chart below
- **2 days before your procedure** continue the Low Fiber Diet as the previous day until midnight
- **1 day prior to your procedure follow the specific diet on page 2**

RECOMMENDED FOODS	FOODS TO AVOID
<p style="text-align: center; color: #00b050;"><u>Bread, Cereal, Rice and Pasta:</u></p> <ul style="list-style-type: none"> • White bread, rolls, biscuits, croissants, melba toast • Waffles, French Toast, and pancakes • White rice, noodles, pasta, macaroni, and peeled cooked potatoes • Cooked cereals: Grits, Cream of Wheat or Rice • Cold cereals: Puffed Rice, Rice Krispies, Corn Flakes, and Special K 	<p style="text-align: center; color: #ff0000;"><u>Breads, Cereal, Rice and Pasta:</u></p> <ul style="list-style-type: none"> • Breads or rolls with nuts, seeds, or fruit • Whole wheat, pumpernickel, rye breads and cornbread • Potatoes with skin, brown or wild rice, and kasha (buckwheat)
<p style="text-align: center; color: #00b050;"><u>Vegetables:</u></p> <ul style="list-style-type: none"> • Tender cooked and canned vegetables without seeds: carrots, asparagus tips, green or wax beans, pumpkin, spinach, lima beans 	<p style="text-align: center; color: #ff0000;"><u>Vegetables:</u></p> <ul style="list-style-type: none"> • Raw or steamed vegetables - Winter squash, peas, broccoli, Brussels sprouts, cabbage, onions, cauliflower, baked beans, peas and corn, Sauerkraut • Vegetables with seeds
<p style="text-align: center; color: #00b050;"><u>Fruits:</u></p> <ul style="list-style-type: none"> • Strained fruit juice • Canned fruit, except pineapple • Ripe bananas, Melons 	<p style="text-align: center; color: #ff0000;"><u>Fruits:</u></p> <ul style="list-style-type: none"> • Prunes and prune juice • Raw or dried fruit • All berries, figs, dates and raisins
<p style="text-align: center; color: #00b050;"><u>Mild/Dairy:</u></p> <ul style="list-style-type: none"> • Milk, plain or flavored • Yogurt, custard, and ice cream • Cheese and cottage cheese 	<p style="text-align: center; color: #ff0000;"><u>Milk/Dairy:</u></p> <ul style="list-style-type: none"> • Yogurt with nuts or seeds
<p style="text-align: center; color: #00b050;"><u>Meats and other proteins:</u></p> <ul style="list-style-type: none"> • Ground, well-cooked tender beef, lamb, ham, veal, pork, fish, poultry, and organ meats • Eggs • Peanut butter without nuts 	<p style="text-align: center; color: #ff0000;"><u>Meats and other proteins:</u></p> <ul style="list-style-type: none"> • Tough, fibrous meats with gristle • Dry beans, peas, and lentils • Peanut butter with nuts • Tofu

<p><u>Fats, Snack, Sweets, Condiments, and Beverages:</u></p> <ul style="list-style-type: none"> • Margarine, butter, oils, mayonnaise, sour cream, salad dressing, ketchup or mustard • Plain gravies • Sugar, clear jelly, honey, and syrup • Spices, cooked herbs, bouillon, broth, and soups made with allowed vegetables • Coffee, tea, and carbonated drinks • Plain cakes and cookies • Gelatin, plain puddings, custard, ice cream, sherbet, Popsicles • Hard candy or pretzels 	<p><u>Fats, Snack, Sweets, Condiments, and Beverages:</u></p> <ul style="list-style-type: none"> • Nuts, seeds, and coconut • Jam, marmalade, and preserves • Pickles, olives, relish, and horseradish • All desserts containing nuts, seeds, dried fruit, coconut, or made from whole grains or bran • Candy made with nuts or seeds • Popcorn
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- **The day before your procedure **PRIOR** to starting your prep:**

***** Eat exactly what is permitted: do not take liberties *****

Choose one of the following options for each meal	Easy to Prepare	Healthy	Restaurant
Breakfast	2 eggs(fried, over easy, scrambled or boiled with or without condiments 2 white bread slices <u>or</u> 1 plain bagel with butter, jelly or cream cheese	2/3 cup yogurt(no seeds, berries or nuts 1 banana	1 Egg McMuffin with Canadian Bacon taken off 1 plain bagel with cream cheese, jelly or butter
Lunch	1 plain chicken or turkey sandwich on white bread with condiments only: no lettuce or tomato OR 1 cup Macaroni and Cheese OR 1baked potato (no skin) with butter or sour cream	1 chicken breast – pan fried or baked 1 cup cottage cheese	1 plain chicken sandwich with condiments only: no lettuce or tomato OR 5 chicken tenders or 10 chicken nuggets with condiments
Snack Before 2:00pm	1 handful pretzels	1 banana OR ½ cup cottage cheese	1 handful pretzels

**** Please do not eat anything after starting the bowel prep. ****

You may have clear liquids for the remainder of the time up until 3 hours prior to your procedure.

Clear liquids you may have include: water, coffee, tea, clear broth or bouillon, Gatorade, PowerAde, carbonated and non-carbonated soft drinks, Kool-Aid or other flavored drinks, clear fruit juices such as apple or white grape juice, Jell-O, or popsicles. **NO RED OR PURPLE COLORS - NO MILK PRODUCTS - NO ALCOHOL MAKE SURE YOU DRINK LOTS OF CLEAR LIQUIDS!!**

FOLLOW YOUR PREP INSTRUCTIONS COMPLETELY