



Hagerstown Gastroenterology
C.P. Choudari, MD, MRCP (UK), FACP
(240) 513-7072

INSTRUCTIONS FOR GATORADE/MIRALAX

For one (1) week before colonoscopy you should avoid Popcorn and Peanuts (any nuts).

You should not take any Arthritis medications or medications containing iron for at least one (1) week before colonoscopy. All other medications can be continued as usual, including the morning of the procedure with a sip of water. If you take prescription anticoagulants (blood thinners) please check with your doctor. (The Endoscopy Center may instruct you further about medications you may take, please follow their instructions). Should you need a pain reliever "TYLENOL" may be used.

The day before the colonoscopy begin a "clear" liquid diet. Clear liquids consist of broth (chicken or beef) black coffee, tea, water, ice, Ginger Ale, Sprite, 7up, apple juice, white grape juice, and any of the following that are not colored red or purple: Crystal light drink mixes, Gatorade, popsicles and Jello. You can't have any milk or milk products or any solid foods. Alternating hot and cold liquids should help with any hunger pains you may get.

At 2:00pm on the day before your colonoscopy: drink a 10 oz. Bottle of Citrate of Magnesia (in a green or clear bottle, do not purchase red or purple). This is available without a prescription at your pharmacy. You may drink the Citrate straight or pour it over ice and/or mix it with Ginger Ale, Sprite or 7up.

At 6:00pm the day before your colonoscopy: mix 64 oz of clear liquids (gatorade, iced tea or water) with 8.3 oz of Miralax and chill. Drink ½ of the solution. Follow with another 16 oz of clear liquids.

The day of your colonoscopy 5 hours prior to your arrival time:

****Take 2 Simethicone tablets available without a prescription (Gas-X or Phazyme)**

Drink the second half of the prep solution, and 16 oz of clear liquids. You must be finished drinking all the prep solution and any clear liquids 4 hours before your arrival time. Do not have anything else to drink until after your colonoscopy, this includes water.

Since you will be sedated for your colonoscopy, you are required to bring someone with you to drive you home after the procedure. You should plan on being at the Endoscopy Center for approximately 2 hours. It is important that you have someone stay with you for several hours after the colonoscopy.

Please report to the "Endoscopy Center at Robinwood", Suite 248 located at the Blue/Silver entrance on Date: _____ at _____ am/pm.