

**FISHERS DIGESTIVE CARE
ANIL YAKHMI, M.D.**

Colonoscopy Prep: Miralax/Gatorade (Split-Dose Prep)

You Will Need:

One (1) 238- gram bottle of **Miralax** powder (no prescription needed), 64 oz. of **Gatorade** (not cherry-flavored), and four (4) **Dulcolax** tablets

To Do the Day Before the Examination

Drink only **clear liquids** for breakfast, lunch, and dinner. **Solid foods, milk, and milk products are not allowed.** Clear liquids include the following, **as long as they are not red or purple:**

Strained fruit juices without pulp (apple, white grape, lemonade), water, clear broth or bouillon, coffee or tea (no milk or creamer), Gatorade, carbonated or non-carbonated drinks, Kool-Aid or other flavored drinks, plain Jell-O, and popsicles. Coke and Pepsi are okay.

DULCOLAX TABLETS: Take 4 Dulcolax tablets between 5:00 and 6:00 p.m.

First Dose of MIRALAX/GATORADE MIXTURE: Start between 6:00 and 7:00 p.m.

1. Mix approximately half of 238- gram Miralax bottle in 32 oz. of Gatorade in a pitcher with some ice until the powder is completely dissolved. Refrigerate the solution.
2. Drink approximately 8 oz. every 10-15 minutes until the solution is finished.

To Do Five Hours Before the Procedure

Second Dose of MIRALAX/GATORADE MIXTURE: Start 5 hours before your scheduled procedure time and finish before 3 hours prior to leaving for your procedure.

3. Mix remaining half of 238- gram Miralax bottle in 32 oz. of Gatorade in a pitcher with some ice until the powder is completely dissolved. Refrigerate the solution.
4. Drink approximately 8 oz. every 10-15 minutes until the solution is finished.

Notes:

- **You may need to set your alarm to wake up 5 hours before your procedure time to take the second dose of Miralax prep.**
- **You can take clear liquids until 3 hours before your procedure.**
- Arrive for the colonoscopy at the scheduled arrival time with a person who can drive you home.
- If you cannot tolerate the bowel prep or have any questions, please do not hesitate to contact Dr. Yakhmi at (317) 415-9277
- **Do not take the prep if you believe you may be pregnant.**