

Council Bluffs Surgical Associate, PC

Gatorade Colonoscopy Preparation

Patient _____

Your colonoscopy is scheduled with Dr. _____ on (date) _____
at _____. Please be at the hospital outpatient admitting desk at
_____ (time)

You will need a complete history and physical with you primary care physician prior to scope. These are only good for 30 days. Please call your Primary physician to schedule this.

Purchase the following over the counter at the Pharmacy:

1. Gatorade (64 ounces) of lemonade or other clear Gatorade (two 32 ounce bottles)
2. Docolax 5mg tablets- you will need 4 tablets
3. Miralax bottle (238grams)

The DAY BEFORE you colonoscopy you can have **Clear Liquids Only**, no solid foods.

Clear liquids include:

Water, clear fruit juices (apple or grape), beef or chicken bouillon, Jell-O, clear soft drinks, and coffee without cream or sugar. Try avoiding RED or PURPLE colors.
NO milk or milk products or juices with pulp.

3pm: take 2 Docolax tablets.

5pm: take the bottle of Miralax (238grams) and mix half into each 32 ounces of Gatorade. Shake solution until it is fully dissolved. Drink an 8 ounce glass of solution every 30 minutes until the solution is gone.

7pm: take the last 2 Docolax tablets.

Nothing to eat or drink after midnight.

The day of the procedure you may take your necessary medications with a sip of water. Bring someone with you to take you home as you are not able to drive yourself.

Please **stop** Aspirin, Coumadin, Aleve, Plavix, or blood thinners 7 days prior to procedure. Please contact the physician who prescribed these to determine if this is acceptable. Please **stop** all herbal medications including fish oil, glucosamine, or appetite suppressants 14 days prior to the procedure.

Remember preparation is very important. An adequate clean out allows for the best evaluation of your entire colon. During the prep, using baby wipes may ease some of your discomfort.

You should not plan on working or driving the rest of the day of the scope due to sedation given during the procedure.

If you have any questions please call 712-396-4320.