

Miralax and Gatorade

Colonoscopy Preparation Instructions

Purchase these supplies over the counter at your pharmacy:

- 4 Dulcolax laxative tablets (5mg of bisacodyl each)
- 1- 8.3 oz bottle Miralax (238 grams)
- 64 oz Gatorade (No red or purple) G2, Powerade, Powerade Zero are acceptable
- 10oz bottle of Magnesium Citrate

1 Day Before Your Colonoscopy

- **Begin a clear liquid diet**

Clear Liquids (No red or purple items of any kind):	
Gatorade or Powerade	Clear broth or bouillion
Coffee or tea (no milk or non-dairy creamer)	Carbonated and non-carbonated soft drinks
Kool –Aid or other fruit-flavored drinks	Clear fruit juices (no pulp)
Jell-O	Popsicles, Hard candy

- **At 1200 noon:** Take 2 Dulcolax tablets. Mix 64 ounces of Gatorade with 1 bottle of Miralax (8.3 oz) and place in the refrigerator to chill.
- **At 4pm:** Take 2 Dulcolax tablets
- **At 6pm:** Drink half of the total Miralax/ Gatorade solution (32 oz). Drink one 8oz glass every 15 minutes.
- **5 hours before colonoscopy or at midnight:** Drink the other half of the Miralax/ Gatorade solution (32oz). Drink one 8oz glass every 15 minutes until mixture is finished.
- **4 hours before colonoscopy:** If your stool is not clear or yellow liquid, drink 10oz of Magnesium Citrate.

If you followed the instructions your stool will be clear or yellow liquid. You are now ready for your Colonoscopy

**If you have any questions please call
Willamette Valley Medical Center - Short Stay Services
Monday to Friday 6am-8pm
(503) 435-6355**

