

Pottstown Surgical Associates, Ltd

GENERAL, BREAST, COLON/RECTAL SURGERY

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COLONOSCOPY PREP

Please purchase from a pharmacy – Four (4) Dulcolax laxative tablets, 238 gram bottle of Miralax (over the counter) and 64 oz. of Gatorade (avoid red or purple color available in 64 oz or two (2) – 32 oz bottles).

DAY PRIOR TO COLONOSCOPY:

- 1) Clear liquid diet (see list below) starting at breakfast.
- 2) **At 3:00 p.m.** – Take four (4) Dulcolax laxative tablets.
- 3) **At 5:00 p.m.** – Mix the 238 gram bottle of Miralax in 64 oz Gatorade (either two (2) – 32 oz bottles or one (1) – 64 oz bottle) in a pitcher that can hold the solution. Stir the Gatorade/Miralax solution in the pitcher until the Miralax is dissolved completely. Drink an 8 oz. glass of the solution every 10-15 minutes until the solution is gone.
- 4) Continue drinking clear liquids until bedtime.
- 5) **DO NOT EAT OR DRINK AFTER MIDNIGHT** prior to your exam unless instructed otherwise.

CLEAR LIQUID DIET INCLUDES:

Strained fruit juices without pulp (apple, white grape, lemonade) water, clear broth or bouillon, coffee or tea (without milk or non-dairy creamer.) All of the following that are not colored red or purple: Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid (or other fruit flavored drinks). Plain Jello (without added fruits or toppings) and ice popsicles.

REMEMBER: DAY OF COLONOSCOPY YOU WILL NEED SOMEONE TO DRIVE YOU HOME