



Methodist Physicians Clinic
Council Bluffs Surgical Associates
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Council Bluffs, Iowa 51503

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GATORADE COLONOSCOPY PREPARATION

Patient Name: _____ Date of Birth: _____

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

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

Purchase the following at the pharmacy:

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

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

Clear liquids include:

Water, clear fruit juices (apple or white 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 Dulcolax tablets

5PM: Take the bottle of Miralax (238 grams) 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 Dulcolax 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 all 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 colonoscopy due to sedation given during the procedure.

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