

# Miralax<sup>®</sup> & Gatorade<sup>®</sup>

## Preparation for Your Upcoming Colonoscopy

### YOU WILL NEED:

- 8.3 oz of Miralax<sup>®</sup> (14 dose bottle)
- 4 tablets of Dulcolax<sup>®</sup> laxative 5mg
- 64 oz of Gatorade<sup>®</sup>

### Appointment Info

DATE \_\_\_\_\_

ARRIVAL TIME \_\_\_\_\_

- Endoscopy Center of Marin**  
1100 S. Eliseo Dr. Suite 3, Greenbrae  
Expect to be at the center 2 hours
- MarinHealth Medical Center**  
250 Bon Air Road, Greenbrae  
Expect to be at the hospital 2 hours
- Novato Community Hospital**  
180 Rowland Way, Novato  
Expect to be at the hospital 3 hours

### Diabetes Instructions (if applicable)

Oral Medication Instructions  
\_\_\_\_\_

Insulin Schedule  
\_\_\_\_\_

### Blood Thinner Instructions (if applicable)

- Continue blood thinner as prescribed
- HOLD for \_\_\_\_\_ days

### Weight Loss Prescriptions (if applicable)

- Weekly Dosing(Ozempic, Rybelsus, Wegovy, Trulicity, Mounjaro) Your last dose must be done 7 days before your procedure.
- Daily Dosing(Saxenda, Byetta) Do not take on the day of the procedure.
- Other instruction:  
\_\_\_\_\_

**MarinHealth General & Colorectal Surgery**  
[MyMarinHealth.org/colorectalsurgeryclinic](http://MyMarinHealth.org/colorectalsurgeryclinic)

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**UCSF Health**



## 7 Days Before Your Colonoscopy

- Confirm ride for the day of your procedure
- If you take blood thinners or weight loss medication, please **review instructions** for holding prescription.

Last chance to cancel/reschedule your procedure appointment. Please be aware that the Endoscopy Center of Marin may impose a late cancellation charge of up to \$200.



## 5 Days Before Your Colonoscopy

- Review **thorough prep instructions** and plan your meals
- Create a list of your medications and supplements to provide the facility. Include prescription name, dose, and directions
- Create a list of your allergies to provide the facility



## 3 Days Before Your Colonoscopy

- STOP eating foods with nuts, seeds, or whole grains. (fruits and vegetables with seeds, sesame, etc.)
- Avoid corn, beans, quinoa, and popcorn
- For more diet recommendations, **please visit:** [MyMarinHealth.org/prep](http://MyMarinHealth.org/prep)



## 2 Days Before Your Colonoscopy

- Increase your fluid intake, drink a minimum of 64 oz of clear liquids (approximately 8 glasses) (water preferred)
- Eat well-balanced meals, but continue avoiding nuts, seeds, and whole grains
- Prepare two doses of the Miralax®-Gatorade® mixtures. Divide the entire 14 dose bottle of Miralax® evenly between the between two 32 oz portions of Gatorade®.



## 1 Day Before Your Colonoscopy

### “PREP DAY”

- Have a low-residue breakfast BEFORE 10 am (white toast, eggs, yogurt, cream of wheat, smoothies without seeds)
- At 10 am begin a “Clear Liquid Diet.” Clear liquids include water, juice without pulp, soda, black coffee/tea (no milk), electrolyte drinks, Ensure CLEAR, Boost Breeze®, Jell-O, broth, popsicles
- At 6 pm take 2 tablets of Dulcolax® and drink the first does of the Miralax®-Gatorade® mix
- Drink the entire 32 oz within 90 minutes
- Continue drinking clear liquids until bedtime

**Miralax®-Gatorade® Mixture:** (Make 2)  
Mix 32 oz of Gatorade® with half of the Miralax® bottle, approximately 4.2 oz.

## The Day of Your Colonoscopy

- Wake up 5 – 6 hours before your arrival time to start the **second** dose.
- Immediately take 2 tablets of Dulcolax® and drink the second dose of Miralax®-Gatorade® mix
- Drink the entire 32 oz within 90 minutes
- **Please complete the bowel prep 3 hours before your colonoscopy arrival time. Please STOP drinking all liquids 3 hours before your colonoscopy arrival time.**
- You should take your regular medications/supplements at least three hours before your arrival time or after your colonoscopy.

### BRING THE FOLLOWING:

- Photo ID
- Insurance Card
- Medication List
- Allergy List

## TIPS

- To improve the taste try chilling laxative and/or using a straw to drink mixture
- If you experience nausea or vomiting, rest for 15 minutes, then try to resume prep
- Use unscented wipes instead of toilet paper.
- Use Vaseline or an ointment for diaper rash around the anus before and/or during prep to minimize irritation from passing bowel movements