

# MiraLAX-Gatorade Colonoscopy prep

**You will need to purchase** (All available without a prescription):

**MiraLAX** (Generic: polyethylene Glycole) 510grams bottle(17.9oz).  
**56 oz of Gatorade (Light in color NO BLUE OR REDS) 3 Dulcolax tablets (Generic Bisacodyl).**

## Five days prior to the procedure:

DO NOT take any Iron Pills, Anti-inflammatory drugs or blood thinning medication such as MOTRIN,

IBUPROFEN, ADVIL, NAPROSYN, ALEVE AND ANY ASPRIN (GREATER THAN 81mg.) You can take Tylenol if needed for any pain.

**\*\* If you are on any blood thinning medications such as COUMADIN, WARFARIN, PRADAXA, XARALTO, PLAVIX or ELIQUIS... Please speak to your prescribing doctor to Stop it 5 days prior to the procedure.**

**Without a MEDICAL CLEARANCE your Procedure Will NOT be scheduled\*\***

**\*\*Diabetic patients who take insulin or oral diabetic pills DO NOT take your medications the night prior or the morning of your procedure. Please discuss with your medical provider. Continue to check your sugar levels regularly and if you have a critical reading, please treat yourself as you would normally do and call your doctor if you have any questions or concerns.**

- If you use an insulin pump, please continue as normal and discuss with your medical doctor
- If you take Ozempic or Ozempic like injections: Please stop at least 7 days prior to procedure.

## ONE DAY PRIOR TO YOUR PROCEDURE:

1. NO SOLID FOOD-Start Clear Liquid Diet as soon as you wake up.
- CLEAR LIQUID DIET INCLUDES: ANY CLEAR BROTHS, TEA, COFFEE (NO CREAMER), KOOL-AID, ANY SODAS, GATORADES, APPLE JUICE, CRANBERRY JUICE OR GRAPE JUICE. YOU CAN ALSO HAVE ANY FLAVOR OR COLOR OF JELLO AND POPSICLES.
- Make sure you drink plenty of clear liquids throughout the day
2. At 3pm take your 3 Dulcolax
3. At 5pm mix the entire 510 gram bottle of MiraLAX with the 56 oz of Gatorade in a pitcher or bowl.
- Drink 8oz every 10-15 minutes until it's completely gone.
4. You may continue the clear liquid diet until bedtime.
5. Nothing to drink after midnight the morning of your procedure.
- \*\*\* If you are on any Blood Pressure or Heart Medication, please take it 4 hours prior to your procedure with an EXTRA SMALL sip of water\*\*\*

## You are scheduled at:

☐ Surgical Elite  
10815 W. McDowell Rd. Ste 101,  
Avondale, AZ 85392

☐ Banner Sun City West Surg Ctr  
14416 W. Meeker Blvd. Ste 103  
Sun City West, AZ 85375

☐ Banner Estrella Surgery Ctr  
9301 W. Thomas Rd. Ste 325  
Phoenix, AZ 85037

☐ Abrazo West Campus  
13677 W McDowell Rd  
Goodyear, AZ 85395

☐ Banner Boswell Hospital  
10401 W. Thunderbird Blvd  
Sun City, AZ 85351

DATE: ARRIVAL TIME: \_ \_ \_ \_ \_ PROCEDURE TIME: \_ \_ \_ \_ \_

\*\*\* YOU MUST HAVE SOMEONE DRIVE YOU- NO UBER OR TAXI

SERVICES DRIVER MUST  
STAY AT SURGERY CENTER THE WHOLE TIME\*\*\*

**\*\*\*Please give at least 72-hour cancellation to avoid possible cancellation fees\*\*\***

