

MiraLAX Polyethylene Glycol 3350/Gatorade Colonoscopy Preparation

If the patient has kidney disease or severe heart or liver disease, the patient should NOT use this preparation.

The patient should plan to start this bowel cleansing preparation the day before the scheduled procedure. Plan to be near a bathroom from the time the preparation is started until the end of the evening. The patient's bowels may begin to move in about thirty to sixty (30–60) minutes. Feelings of nausea and bloating are common and resolve with time. An A+D type ointment applied to the rectal area can help with any irritation in that area. The goal is for the patient's stool to be clear or light yellow water.

Supplies:

- Two (2) bisacodyl tablets, which are available at any pharmacy. No prescription needed.
- Polyethylene glycol 3350 powder, which is available at any pharmacy. No prescription needed. Also sold under the brand name MiraLAX.
 - **Choice A:** Buy one (1) 238-gram bottle of polyethylene glycol 3350 powder
or
 - **Choice B:** Buy two (2) 119-gram bottles of polyethylene glycol 3350 powder

Note: The 255-gram bottle of generic polyethylene glycol 3350 powder (or GlycoLax) currently requires a prescription. Be sure to get the non-prescription polyethylene glycol 3350

- Two (2) 32-ounce bottles of Gatorade G2 (64 ounces total). It must be Gatorade G2. Do not substitute. Gatorade G2 is the only acceptable drink for mixing with the bowel preparation. Refrigerate the Gatorade G2 until its cold before use.

Optional Supplies:

- A+D type ointment for rectal irritation.

One week prior to your procedure:

- Do not take iron pills or medications that thin your blood (i.e., Coumadin, aspirin, ibuprofen naproxen, etc.) one week prior to your exam.

Five days prior to your procedure:

- Please begin a restricted fiber diet which will result in less waste matter being discharged from the intestines, and smaller feces, thereby making the gastrointestinal tract easier to clean. Do not eat nuts, seeds, popcorn, corn, broccoli, cabbage, salads and onion. Discontinue high fiber foods, and fiber supplements like Metamucil and Konsyl.

The day before the procedure:

- Drink only clear liquids for breakfast, lunch, and dinner. Solid foods, milk or milk products are not allowed. As a general rule, if you can see your fingers through a glass of liquid, that liquid is OK to drink. Red-colored liquids are not OK to drink because they can look like blood during the examination of your colon.

Clear liquids include:

- Water
- Gatorade
- Ice Popsicle
- Clear broth or bouillon
- Kool-Aid or other fruit flavored drinks
- Carbonated and noncarbonated soft drinks
- Plain Jell-O (without added fruits or toppings)
- Coffee or tea (without milk or non-dairy creamer)
- Stained fruit juices without pulp (apple, white grape, lemonade)

The day before the procedure at Noon:

- Take two 5mg Bisacodyl tablets with water. Do NOT chew or crush the tablet. No antacids should be taken within one hour of taking the bisacodyl delayed-release tablet. Wait for a bowel movement (or a maximum of six hours).

First Dose: The day before the procedure at 6:00 PM:

- After the first bowel movement, or by 6:00 pm, for Choice A, mix one-half of a 238-gram (3/4 cup) of polyethylene glycol 3350 powder in 32 ounces of cold Gatorade G2. Drink this over one to two (1–2) hours. For Choice B, mix one (1) of the 119-gram bottles with 32 ounces of cold Gatorade G2. Drink this over one to two (1–2) hours.
- TIP: For most patients, rapidly drinking a glassful is better than sipping an ounce or two at a time. Clear liquids are gulped faster and easier if they are ice cold, have little or no calories, and if they are sipped through a straw. Consider yourself a connoisseur and try pre-chilling your glass before using.
- Take other clear liquids between doses of the bowel preparation. Drinking at least one (1) gallon of clear liquids during the evening will improve the quality of bowel cleansing.

Second Dose: Take the second dose the morning of your colonoscopy.

- To determine when to start the morning preparation, allow at least four (4) hours for the preparation, and add the driving time to the endoscopy unit. The closer this second dose of the preparation is taken to the actual procedure, the better the preparation will be!
- Mix the remaining one-half bottle of polyethylene glycol 3350 powder in another 32 ounces of cold Gatorade G2 or mix the second 119-gram bottle polyethylene glycol with 32 ounces of cold Gatorade G2. Drink this over one to two (1–2) hours.
- Stop drinking liquids four (4) hours before the scheduled appointment time.
- You must be accompanied by a friend or relative to drive you home.