



Kumar Desai, MD

Gastroenterology & Hepatology
& Advanced Therapeutic Endoscopy

GATORADE/MIRALAX PREPARATION

Dear: _____

Please arrive at the following Endoscopy center at _____ on _____.

[] **Los Robles Hospital:** 215 W. Janss Rd., Thousand Oaks, CA. Phone: (805) 497-2727
<http://losrobleshospital.com>

[] **Los Robles SurgiCenter:** 2190 Lynn Road, Suite 100, TO, CA. Phone: (805) 497-3737
<https://losroblessurgicenter.com>

GATORADE/MIRALAX PREPARATION:

Purchase the following (no prescriptions needed):

1. **One 64 oz or two 32oz bottles of Gatorade**, Propel, Crystal Lite or other noncarbonated clear liquid drink (no red colors). If you have diabetes you may use sugar free Gatorade. Refrigerate if you prefer to drink it cold.
2. **Dulcolax laxative tablets** (not suppository or stool softener). You will need six tablets for the prep.
3. **Miralax 238 grams (8.3 ounces) powder** or generic polyethylene glycol 3350 (should be in laxative aisle)
4. **Magnesium Citrate - 10 oz bottle** - this will be used in case of poor results.

INSTRUCTIONS:

1. **Five days before procedure:** stop NSAIDS (aspirin, motrin, advil) Fish Oil, blood thinners, Iron
2. **Morning prior to procedure:** Mix 238 grams of Miralax (entire bottle) with 64 oz of Gatorade and shake until dissolved and refrigerate.
3. **Clear liquid diet for the entire day prior to your procedure.**
4. **At 3PM (day before test), take 3 tablets of Dulcolax with water.**
5. **At 6PM (day before test), drink 8 oz of mixture every 15 minutes until you finish the entire solution.**
6. **After completing solution, take 3 remaining Dulcolax tablets.**
7. **Drink plenty of clear liquids that evening.**
8. Please take any hypertension medications with a sip of water 2 hours before your procedure, if taking insulin please follow instructions as per appointment.

TIPS:

- If you feel nauseated, please drink slower or wait 30 minutes and restart drinking.
- Prep often works in 30 minutes but for some make take up to 3 hours. Remain close to the toilet facilities.
- If you do not have clear or yellow liquid stools or have particulate matter at least 5 hours before your procedure take the bottle of Magnesium citrate.
- Many have found drinking the prep through a straw and chilled improves tolerance
- Use baby wipes instead of toilet paper
- Have some Vaseline or Desitin handy if you have a sore bottom

THINGS TO REMEMBER:

* Please bring your **driver's license, insurance cards and medication list** to the Endoscopy center

*Please bring someone to drive you home. Taking public transportation home is not permitted by regulation Endoscopy facilities.

*Should you drink more than a sip of water with your medications there is a possibility your procedure may be canceled.

*We would like to provide you with the most complete exam possible. Unfortunately, not all preps have the same effect on everyone. Therefore, the above instruction is not a guarantee that you will be properly prepared for your colonoscopy. There is a small possibility that you will need to be rescheduled at a later date with additional instructions if your prep is inadequate.

If you have any questions please call our offices at (805) 449-4278.