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PREPARATION FOR COLONOSCOPY (Gatorade/Miralax)

Purchase at pharmacy: **4 Dulcolax** (bisacodyl 5 mg) tablets, **238 gram bottle of Miralax**, and **64 oz. Gatorade**.

- If you regularly take Plavix (clopidogrel), stop this medication 14 days prior to colonoscopy.
- If you regularly take Coumadin (warfarin), stop this medication for _____ days prior to colonoscopy.
- **All blood thinner medications should be stopped.**
- Do not take medicines containing aspirin (ASA) for 7 days prior to colonoscopy.
(Includes Alka-Seltzer, Anacin, Ascriptin, Ecotrin, Empirin, Excedrin, Halfprin).
- Do not take any anti-inflammatory medicines for 2 days prior to colonoscopy.
(Includes Advil, Aleve, Anaprox, Daypro, Diclofenac, Etodolac, Ibuprofen, Indocid, Ketoprofen, Ketorolac, Lodine, Motrin, Naprosyn, Nuprin, Relafen, Toradol, Voltaren).

If pain relief is needed, use Tylenol (acetaminophen).

- In order for colonoscopy to take place, the colon must be absolutely clean.
- For two days prior to colonoscopy, avoid salads, fruit peels, beans, and corn.
- For one day prior to colonoscopy, avoid the following:
 - Bulk laxatives (Metamucil, Citrucel, Konsyl, Fibercon, Benefiber, Bran, Effersyllium)
 - Stool softeners (Colace, Pericolace, Doxidan, Dialose, Surfak, Docusate)
 - Iron-containing vitamins (Multivitamins with iron, Geritol)
- Starting on the morning of the day before colonoscopy, begin a clear liquid diet, which includes the following:

-Bouillon and clear or light colored soups or broths	-Black coffee or tea
-Jello® (no fruit or toppings)	-Fruit juices with no pulp
-Popsicles®	-Gatorade
-Hard candy	-Carbonated beverages
- Avoid solid food other than hard candy or Popsicles.
- Avoid dairy products including milk, cheese, ice cream, and yogurt.
- Starting in the afternoon on the day prior to colonoscopy:
 - At 3 p.m., take the 4 Dulcolax (bisacodyl 5 mg) tablets with a glass of water.
 - At 5 p.m., mix the 238 gram bottle of Miralax in 64 oz. of cold Gatorade. Shake the solution until the Miralax is dissolved. Drink an 8 oz. glass of the solution every 15-20 minutes until it is gone.
 - Continue to drink all the clear liquids you desire, up until 4 hours prior to your procedure.**
- You may apply some Anusol or vaseline around the anus if the anal area becomes sore due to passage of liquid stool.
- Take your regular heart or blood pressure medications in the morning with a small sip of water. If you are diabetic, measure your blood sugar the night before and the morning of colonoscopy; if your sugar is low, you may have some juice. Do not take insulin or diabetic medications until after the procedure.
- You will be sedated for the exam and will not be able to drive for the rest of the day. You must bring someone with you who can drive you home.