

Gatorade / Miralax Preparation DDC of Las Cruces

Dear patient we provide this preparation instruction as an alternative due to a nation wide shortage in the usual medical preparation medication. If you have access to the prescribed Golyetly/ Gavilyte or other medical grade preparation we ask you to use these instead.

Ingredients needed:

- two 32 OZ bottles Gatorade or other isotonic sports drink (**no red color**)
- 6 Dulcolax tablets
- Miralax powder 250 gm

2 Days before procedure:

- **avoid:** nuts, vegetables, fruits, nuts, roughages and any vegetables and seeds
- **allowed:** Pasta, chicken, bread, white rice, meat

1 Day before procedure (preparation day)

- only have clear liquid food i.e , Sprite, such broth, Jello
- avoid any solid foods but there is no restriction on clear fluids
- mix 8-10 Tbsp per 32 OZ bottle Gatorade or other sports drink (**no red**) and chill
- **at 2 PM** take 4 pills of Dulcolax with plenty of water
- **at 4 PM** start drinking slowly the first bottle of Gatorade/Miralax mix
 - o may want to have a cup every 15-20 minutes
 - o If you get nauseated you drank it too fast – slow down!

Day of procedure

AM Procedures (before 12 pm)

- **at 4 AM** take 2 Dulcolax pills with plenty of water
- start drinking the second bottle of Gatorade/Miralax mix slowly as well
- you can have clear fluids up to 2 hours before the procedure

PM Procedures (after 12 PM)

- **at 6 AM** take 2 Dulcolax pills with plenty of water
- start drinking the second bottle of Gatorade/Miralax mix slowly as well
- you can have clear fluids up to 2 hours before the procedure

Helpful Tips:

- Some people experience nausea with vomiting during the prep. Take a break from drinking the solution for about 30 minutes then resume, and try drinking at a slower rate. Very important to finish the entire contents of the solution.
- Walking between drinking each glass can help with bloating.
- Use baby wipes instead of toilet paper.
- Apply Vaseline or Destin to the anal area/ between buttocks prior to beginning the prep reapplying as needed.
- Remain close to the bathroom as multiple bowel movements should occur. This prep often works within 30 minutes but may take as long as three hours.

Day of the procedure:

- If you take blood pressure or heart medicine you may take it with a sip of water.
- You can have clear liquids up until 6 hours prior to the scheduled procedure time.
- Wear loose clothing leave jewelry and valuables at home.
- Bring a list of medications, ID, and Insurance card.
- **YOU MUST HAVE A RIDE AFTER THE PROCEDURE!**