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### Miralax/Gatorade Colonoscopy Preparation

What you will need ...

- **(4)** dulcolax tablets
- **(1) 238 gram bottle** of miralax
- **(1) 64-ounce** of Gatorade (any color other than red) \*Diabetic patients use Gatorade Zero

\*This is NOT a prescription. You can purchase this all over the counter

**2 DAYS BEFORE PROCEDURE ... NO NUTS, SEEDS, OR QUINOA**

**THE DAY BEFORE PROCEDURE ... CLEAR LIQUID DIET from the moment you wake up**

**\*You should plan to drink at least 6-8 glasses of water the day before your procedure to prevent dehydration.**

<b>Can have</b> the day before ...	<b>Can NOT have</b> the day before ...
<ul style="list-style-type: none"> <li>- Water</li> <li>- Fruit juice (without pulp)</li> <li>- Gatorade/sport drinks</li> <li>- Jell-O</li> <li>- Popsicles</li> <li>- Clear soup broth</li> </ul>	<ul style="list-style-type: none"> <li>- NO solid foods</li> <li>- NO dairy (or dairy substitutes)</li> <li>- NOTHING with red or purple dye</li> <li>- NO nuts, seeds, or quinoa</li> </ul>

(You may continue to drink clear liquids until bedtime)

\*Mix the entire 238 gram bottle of Miralax with the 64-ounce of Gatorade. Thoroughly shake the 64ounce mixture and refrigerate

9:00 AM.....Take **2 dulcolax tablets** (with 8 ounces of water)

11:00.....Drink **8-ounces of Miralax+Gatorade solution** every 15-30 minutes until you have consumed the entire 64-ounces

\*If you feel nauseated or bloated, wait 30 minutes then resume with smaller amounts each time

1:00 PM.....Take another **2 dulcolax tablets** (with 8 ounces of water)

**THE DAY OF YOUR PROCEDURE ... DO NOT eat or drink anything after midnight prior to your procedure**

# Approved Clear Liquids

<p>Sport Drinks</p> 	<p>Clear soup broth,</p> 	<p>Water</p> 	<p>Popsicles</p> 
<p>Jell-O</p> 	<p>Juice</p> 	<p>Tea/Coffee</p> 	<p><b>Do NOT Have:</b></p> <ul style="list-style-type: none"> <li>- Dairy</li> <li>- Dairy Substitutes</li> <li>- Anything red or purple</li> <li>- Juice with pulp</li> <li>- Nuts, seeds or quinoa 2 days before your test</li> </ul>
<p>Honey, Sugar, Sweeteners</p> 	<p>Powdered Drinks</p> 		