



**Main Line HealthCare**  
Physician Network

**GATORADE/GLYCOLAX (OR MIRALAX) PREP**

**Purchase at the Pharmacy:**

- Glycolax, 238g.bottle (over the counter)
- Dulcolax tablets (over the counter) (the "laxative" version)
- Gatorade Lemon-Lime, 64 oz. bottle

The day prior to your procedure, drink only clear liquids for breakfast, lunch, and dinner. Solid foods, milk or milk products are not allowed. You may continue drinking liquids up to midnight only, NOT the morning of the test.

**Clear liquids include:**

- strained juices without pulp (apple, orange, lemonade)
- water
- clear chicken or beef broth or bouillon
- coffee or tea (without milk or dairy creamer).
- Gatorade
- soft drinks
- Kool-aid or other fruit flavored drinks
- plain Jello (without added fruits or toppings)
- ice popsicles or sorbet

Please do not drink **any** liquids that are colored red or purple as this may look like bleeding at the time of the colonoscopy.

At 3:00 pm take 4 Dulcolax tablets with a glass of water.

At 5:00 pm mix all of the 238g. bottle of Miralax with the 64 oz. bottle of Gatorade in a pitcher. Shake the solution until the Miralax is dissolved. Drink an 8 oz. glass every 10-15 minutes until the solution is gone (drinking with a straw usually helps). It usually takes about an hour to begin to notice the diarrhea effect. You may notice some bloating or cramping at the beginning of the prep, but this usually improves once the diarrhea begins. Occasionally, some may develop nausea or vomiting. The best remedy for this is to take a break for about an hour to allow it to move downstream, and then resume drinking at a slower rate. Diarrhea usually continues for about an hour or two after completing the prep. Drinking the prep through a straw and chilling the solution improves tolerance.

**\*\*PLEASE DO NOT DRINK ANYTHING FROM MIDNIGHT  
BEFORE YOUR PROCEDURE!! ALSO NO GUM OR MINTS!!!**