

Gatorade Prep

Dr. Howard Mertz

Patient _____ Date _____
Arrival Time _____

- You will be sedated for this procedure. You will not be able to drive yourself home. **Bring someone with you to drive home.** If you plan to take a bus or taxi home, bring a responsible adult with you. Expect to spend 2-4 hours total.
- Women: you should remove nail polish/acrylic from your index finger
- Women: if you could be pregnant or seeing a fertility doctor, please notify us.
- If your insurance changes before your procedure, notify our office.
- Appointment cancellations require a 48-hour notice or a charge will be incurred.
- **If you take blood thinners** (eg: aspirin, Plavix, Coumadin, etc.) or are diabetic, call our office 1 week before starting this prep. Bring a copy of your living will if you have one.

Shopping List:

1. Three Dulcolax laxative tablets (no prescription needed)
2. Two 32-oz or one 64-oz bottle of Gatorade (any flavor except red colored)
3. One 238 gram bottle of MiraLax (no prescription needed) or GlycoLax 255 gram

KIDNEY PATIENTS, DIALYSIS PATIENTS, and CONGESTIVE HEART DISEASE PATIENTS should not use Gatorade to mix with the MiraLax/Glycolax. Call the office for an alternative prep.

THREE DAYS BEFORE THE EXAM: Do not eat raw fruits or vegetables, or foods with seeds.

THE DAY BEFORE THE EXAM:

Clear liquids only all day (NO SOLID FOOD). This includes soft drinks, coffee (no cream), tea, water, juices such as apple, white grape, broth or bullion, Jell-O or popsicles (only those that contain no red food coloring). No alcoholic beverages.

Take 2 Dulcolax laxative tablets when you wake up. If you are constipated, drink 1 bottle of magnesium citrate (no prescription needed) before 12:00 noon. Repeat 1 more Dulcolax tablet just before starting the Gatorade/MiraLax solution.

At approximately 4:00pm, mix half of the MiraLax/glycolax with 32-oz of Gatorade and drink. If you have difficulty, slow down and give your system time to adjust. Get the solution cold before drinking if you like. You may continue the clear liquid diet up until midnight.

THE DAY OF YOUR PROCEDURE:

Beginning 5 hours prior to arrival time, mix the remaining MiraLax/glycolax with 32-oz of Gatorade and drink (example: someone with an arrival time of 8:00am will drink the 2nd half at 3:00am). You should finish this solution within 1 hour.

DO NOT EAT, DRINK, CHEW GUM, OR HAVE HARD CANDY 4 HOURS BEFORE YOUR ARRIVAL TIME! If you have any questions, call our office at 615-383-0165.