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MIRALAX AND GATORADE PREPARATION

Purchase the following: One bottle of Miralax 255 gms (prescription)
Two 32 oz bottles of Gatorade-clear or yellow colors only
Two Bisacodyl laxative tablets (over the counter laxative)

READ THIS PART TODAY AND REMEMBER!

Medications to stop before procedure:

All vitamins, Iron pills, and fiber supplements: _____ days

Aspirin/NSAIDS: _____ days

Prescription Drugs:

Plavix _____ days Lovenox _____ days Pletal _____ days

Coumadin _____ days Trental _____ days Other _____

Diabetes Medication: _____

Additional Notes: _____

DAY BEFORE THE PROCEDURE:

1. You will be on a clear liquid diet for breakfast, lunch, and dinner. (See diet below)
2. Take the two bisacodyl tablets after your clear liquid breakfast. You may go to work.
3. Clear liquids for lunch.
4. Beginning at _____ PM (after 1st bowel movement), mix the entire bottle of MIRALAX into one bottle of Gatorade, and drink one glass

every fifteen minutes until gone. This should take one hour. Over the next hour drink the second bottle of Gatorade (this bottle has NO medicine added), one glass every fifteen minutes. This part of the prep should take two hours. If you have any problems completing the colon prep, please call Dr. Borislow's office.

5. You may continue on clear liquids up to six hours before your procedure.

DAY OF THE PROCEDURE:

TAKE YOUR HEART AND BLOOD PRESSURE MEDICATION, SEIZURE, MEDICATION, LUNG MEDICATION AND INHALERS AS YOU NORMALLY WOULD, WITH A SMALL SIP OF WATER. TAKE THESE PILLS NO LATER THAN TWO HOURS BEFORE YOUR PROCEDURE. (Diuretics are usually held the morning of the procedure.)

CLEAR LIQUIDS: Clear broth or bouillon, apple juice, white grape juice, black coffee or tea, carbonated beverages, lemon or lime Jello, lemon or lime popsicles, clear or yellow Gatorade.