**Gastroenterology Associates of Rochester, LLP**

**COLONOSCOPY INSTRUCTIONS**

**Extended 2-Day Bowel Preparation with GaviLyte and MiraLAX/Dulcolax**

**READ IMMEDIATELY in case you have any questions.**

If you are a **DIABETIC** or on **blood thinners** (e.g., Coumadin, Plavix), contact our office for specific instructions. If you take aspirin, you may continue to take it. **Stop iron supplements** at least 5 days before the procedure.

Take all other medications as usual, including *blood pressure* medications.

**Purchase:**

**GaviLyte** (prescription sent to your pharmacy)

**Gatorade/ Powerade -** Two 28-32 ouncesbottles(*no substitutes*) and not red or purple in color

* If diabetic, use G-2 series or Gatorade Zero

**Dulcolax Laxative** (bisacodyl) – Twelve (12) 5 mg tablets

**MiraLAX –** One (1)538 gm bottle **NOTE:** *Do* ***not*** *follow instructions on the MiraLAX bottle*.Follow the

instructions below.

**Six (6)** **days** **prior** **to your procedure** – Avoid bread with seeds. No fruits or vegetables.

Take one (1) Dulcolax tablet every day for 6 days.

**Three (3) days and two (2) days prior to procedure** - limit your diet to the following: eggs, cheese, yogurt, seedless white bread, chicken breast, ice cream, pudding, pasta, cereal, and smoothies.

**2 days prior to procedure** - drink two (2) liters of GaviLyte any time after 1 PM. Remain close to the bathroom. Do not drink any other liquids while you are drinking GaviLyte.

**1 day prior to procedure** - **clear liquids only** (ok to take usual medications)

- water, soda, apple juice, white grape juice, Jell-O, chicken broth (nothing red or purple)

- **NO SOLID FOODS**. No milk products, alcoholic beverages, hard candy, or gum.

**Day before your procedure** - drink the remaining GaviLyte in the morning and remain close to the bathroom (best not to work that day).

- At 3:00 pm – take two (2) Dulcolax Laxative (bisacodyl) tablets

- At 5:00 pm – mix ½ the bottle of MiraLAX in one (1) 28-32 ounces Gatorade bottle. Begin drinking the

Gatorade/ MiraLAX solution – 8 ounces every 30 minutes until bottle is empty.

- At bedtime – take two (2) Dulcolax Laxative (bisacodyl) tablets.

**Evening before your** procedure - Drink at least 3 glasses of water or clear liquids.

**Day of the procedure**

- 6-7 hours prior to your procedure – take two (2) Dulcolax Laxative (bisacodyl) tablets. Mix ½ bottle of MiraLAX in one (1) 28-32 ounces Gatorade bottle. Begin drinking the Gatorade/ MiraLAX

solution – 8 ounces every 30 minutes until bottle is empty.

**IMPORTANT:** The Gatorade/MiraLAX solution must be finished **4 hours** *prior* to your scheduled procedure and then nothing more to eat or drink before your procedure.

If you feel nauseous or bloated, you may stop drinking the solution. Drink some clear broth or tea and wait for the feeling to pass. Begin drinking the solution again. YOU MUST DRINK THE WHOLE BOTTLE!

**\*\*\*\*\* Any questions please call (585) 720-1550. \*\*\*\*\***