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GATORADE/ MIRALAX BOWEL PREPARATION

Purchase these over the counter laxatives:

1. GATORADE (64 ounces) of lemonade or other CLEAR Gatorade (two 32-ounce bottles)
2. DULCOLAX 5mg tablets (four tablets)
3. MIRALAX BOTTLE 238 grams (over the counter only)

The **DAY BEFORE** your colon surgery: **Clear Liquids ONLY No Solid Food**

Examples of CLEAR LIQUIDS: Water, clear fruit juices such as apple or white grape, chicken or beef bouillon, Jell-O, clear Gatorade, Popsicle's, clear soft drinks, coffee without cream or sugar. NO MILK OR MILK PRODUCTS. NO ORANGE JUICE.

- **2 PM:** Drink 8 ounces of clear liquids
- **3 PM:** Take 2 DULCOLAX tablets
- **4 PM:** Drink 8 ounces of clear liquids 5 PM: Mix the entire bottle of MIRALAX into the 64 ounces of GATORADE. (Put half the bottle in each 32-ounce bottle). Shake the solution until fully dissolved. Drink an 8-ounce glass every 15 minutes until the solution is gone.
- **7 PM:** Take the last 2 DULCOLAX tablets.
- **8 PM & 9 PM:** Drink 8 ounces of clear liquids **NOTHING BY MOUTH AFTER MIDNIGHT.**

NOTES ABOUT YOUR BOWEL PREPARATION:

- No aspirin, aspirin by-products or Plavix for 1 week prior to your colon procedure. No coumadin for 5 days or check with your physician who orders the coumadin. Please contact the physician that prescribed the aspirin, Plavix and coumadin to see if this is acceptable.

REMEMBER: The bowel preparation is very important. During the prep, using baby wipes may ease some of your discomfort.

If you develop discomfort or bloating, stop drinking the solution for 30 minutes then restart the prep. Nausea, cramping and abdominal fullness are the most common adverse reactions with the bowel prep.