



Skyline Gastroenterology of West Tennessee
27 A Medical Center Dr
Jackson, TN 38301
Phone 731-280-0157
Referral schedule Fax 731-424-0393
Medical Records Fax 731-424-0774

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MIRALAX/GATORADE INSTRUCTIONS

BUY Eight Dulcolax Laxative Tablets/238g Bottle of Miralax Powder
64oz Gatorade or Powerade (**NO RED or PURPLE**)

****NO SOLID FOODS THIS DAY****

***Clear liquids ALL DAY the day before your procedure on: _____**

“Clear liquids” means liquid without substance. Examples: Water, tea, coffee (no creamer or milk), bouillon, broth, apple juice, white grape juice, ANY soft drinks, Kool-Aid, Gatorade. Hard candy, popsicles, ice and jello (without fruit) are also OK. **NO red or purple!! NO orange juice or other pulp-containing juices, tomato juice, milk or ice cream!!**

On _____ at 8am, mix together the Miralax bottle with the 64oz Gatorade and put in the refrigerator.

On _____ at 10am, take four Dulcolax tablets. Then drink at least 8oz clear liquids every hour after that.

On _____ at 2pm, take remaining four Dulcolax tablets. Then drink at least 8oz clear liquids every hour after that.

On _____ at 5pm, drink half (32oz Gatorade mixture). 8oz every 15-30minutes until half of solution is gone. Refrigerate the rest.

Continue drinking clear liquids throughout the day!

On _____ @ _____ drink the remaining half of the solution.

NOTHING TO DRINK AFTER _____.

Report to: _____ SEC-27 “B” Medical Center Dr. at _____ on _____.
_____ JMC GH-620 Skyline Dr. at _____ on _____.

- **Bring a DRIVER. Also bring your insurance card, photo ID, and a list of all of your medications.**
- **Notify doctor if on any blood thinners.**
- **Take any blood pressure, heart, or seizure medications the morning of your procedure. DO NOT take any diabetic medications.**
- **If you have any questions call 731-280-0157**