

Patient Name: _____ Facility: _____

Date: _____ Time: _____ Arrival Time: _____

Purchase at Pharmacy: (1) 238g bottle of MiraLAX® (over the counter)
(4) Dulcolax laxative tablets
(1) 64 oz bottle of Gatorade (no red or purple colors)

One Week Prior to the Procedure:

- **DO NOT take iron pills or medication that can cause bleeding.** These include, but are not limited to: Aspirin, Percodan, Alka Seltzer, and any other blood thinners (notify nurse if you are on any blood thinners).
- **STOP using anti-inflammatory type drugs** including: Empirin, Bufferin, Ascriptin, Ibuprofen, Motrin, Advil, Medipren, Nuprin, Naproxen, Bextra, Celebrex, Vioxx, Clinoril, Piroxican, Feldene, Aleve, Indomethacine, Indocin, and Voltaren (**Tylenol is OK**)
- **Discontinue use of fiber supplements:** Metamucil, Citrucel, Benefiber, etc.
- **DO NOT EAT:** Nuts, Seeds, Popcorn or Corn

One Day Prior to the Procedure:

The day prior to the procedure you will need to be on a **CLEAR LIQUID DIET ALL DAY**. The diet includes water, apple juice, Jell-O, popsicles, chicken broth, Gatorade, chicken and beef bouillon. Do not drink or eat any red or purple colored items, solid foods, milk or dairy products (***If you are diabetic, do not use sugar free drinks on your clear liquid diet**)

Follow Instructions below:

1. At **3:00 pm** take **4 Dulcolax** tablets with **8 ounces of Gatorade**



4 Dulcolax Tabs
@ 3:00 pm

2. At **5:00 pm** **mix the entire bottle of MiraLAX® in the remaining 64 oz bottle of Gatorade**. Shake the solution until the powder is dissolved. Drink (1) **8 oz glass of Gatorade /MiraLAX® solution every 10-15 minutes** until the mixture is **completely gone**
3. Continue to drink **clear liquids** until bedtime

DO NOT EAT OR DRINK AFTER MIDNIGHT!

On the Day of Procedure:

- Take heart or blood pressure medications (2) hours before the procedure with a small sip of water. * All other medications may be taken after the procedure
- If you are diabetic, please speak with the nurse or medical assistant on what to do about taking your medications

DUE TO ANESTHESIA, YOU WILL NEED SOMEONE TO DRIVE YOU HOME AFTER THE PROCEDURE

Please arrange transportation prior to your procedure

If you have any further questions or experience any problems you are unsure of, please do not hesitate to call our office. We are committed to providing you with convenient, compassionate, quality care.

Clear Liquids List for Procedure Preps

Note: You may only consume the items listed below

Choose from:

- Strained fruit juices without pulp:
 - Apple Juice
 - White Grape Juice
 - Lemonade
- Water
- Clear Broth or Bouillon (Chicken or Beef)
- Coffee or Tea (**without** milk or non-dairy creamer)*
- Gatorade (no red or purple Gatorade)*
- Carbonated and non-carbonated soft drinks
- Kool-Aid (or other fruit flavored drinks) *
- Plain Jell-O (without added fruits or toppings)
- Ice Popsicles



Diabetics.....

**DO NOT use
sugar free drinks!**

CAUTION!

Products or Foods to Avoid:

- ***NO Red or Purple** colored drinks/foods (it stains the colon)
- ***NO Solid Foods**
- ***NO Milk or Dairy Products**

Five (5) days prior to the procedure avoid:

Aspirin and Aspirin Containing Products

Anti-inflammatory drugs

Coumadin

Plavix



Tylenol (acetaminophen) is OK for pain relief