

Prep Procedures:

Purchase:

Dulcolax Tablets



2 tablets needed

Miralax 238 g



Or generic equivalent 255 g

Gatorade 64 oz.



NO RED DYES

Magnesium Citrate 10 oz.



NO RED DYES








Prep Day Instructions: _____ **Stay on CLEAR liquids ALL DAY.** (See Page 2 for clear liquid diet)

Day Before Procedure

Clear Liquids Only!

INSTRUCTIONS

ADDITIONAL COMMENTS

	Take 2 Dulcolax tablets	
1. Noon to 2 pm - take Dulcolax		
2. 4:00 PM – Start drinking Miralax/Gatorade	Mix All of Miralax in 64 oz Gatorade 	Drink 8 ounces every 20 minutes 
3. 4 hours prior to procedure	Drink 10 oz Magnesium Citrate 	Set alarm clock as reminder if needed 
4. 3 hours prior to procedure	STOP drinking all liquids  No gum or mints!	No smoking. No chewing tobacco or snuff 4 hours prior to procedure. 

YOUR PROCEDURE WILL BE DELAYED OR CANCELLED IF YOU HAVE ANYTHING TO EAT OR DRINK!

Arrival Time:		
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Can I take my usual medications on the day my procedure?

Take your usual daily medications 3 hours prior to your procedure time except for diabetic medications or blood thinners.

Diabetic medication Instructions for Prep Day and Procedure Day?

PREP DAY - Take ½ of your usual oral daily diabetic medication. Check your blood sugar throughout the day.

PROCEDURE DAY - Do not take your oral diabetic medication on the day of the procedure. Consult your endocrinologist or Primary Care Physician for specific instructions on insulin dosing for prep days and the day of the procedure.

What is a clear liquid diet?

- SOUPS:** Clear bouillon, Chicken broth, vegetable broth, beef broth, consommé.
BEVERAGES: Tea, Black Coffee, Kool-Aid, Gatorade, Sodas.
You may add sugar or sweeteners to your tea or coffee
JUICES: Apple, strained lemonade, limeade and orange drink.
Any juice that you can see through and has no pulp.
DESSERTS: Italian ices, Jell-O, Popsicles and hard candy

Do not drink any RED Colored beverages or eat RED Jell-O or popsicles. NO Alcohol.

General Information:

- Call our office if you take a blood thinner (336-768-6211).
- Continue Aspirin if you currently take it.
- Pregnancy will impact how/where/when your procedure is done. Discuss with your MD if you are pregnant.
- You must have a driver! No taxis, buses or Ubers unless you have an adult chaperone accompanying you. Your procedure will be cancelled if you do not have a driver!
- If you must cancel or reschedule your appointment, please call (336) 768-6211 at least 72 hours in advance to avoid a cancellation fee.
- Consult your Endocrinologist or Primary Care Physician for instructions on insulin dosing for prep days and day of procedure.

Extra Instructions for Prep Day...



- Stay on clear liquids all day!
- DO NOT eat any solid foods or dairy products of any kind until after your procedure!!
- Do not get dehydrated! Continue to drink clear fluids after you've consumed all the prep solution. The more you drink the better your prep will be. Drink at least eight 8 ounce servings (64 ounces) or more of clear liquids – in addition to your prep on the day before your procedure!

FAQ's

How long will it take to complete my prep?

The Cleansing process will take 4-8 hours, maybe longer, so plan accordingly. You may start the prep any time after noon but the later you start it, the later you may be up during the night.

What if I become nauseated or start vomiting during the prep?

If you develop nausea or vomiting, stop the prep for 45-60 minutes, then resume with smaller and less frequent amounts of prep. Attempt to drink all the laxative solution, even if it takes you longer. This prep will cause multiple bowel movements, so stay close to a bathroom.

Do not smoke or use any smokeless tobacco on the day of your procedure!