**\*\*\* YOU WILL NEED TO OBTAIN\*\*\***

**Dulcolax 5mg tablets, Miralax OTC 238 grams, 64 oz Sports Drink (Gatorade, Powerade, Propel) (over the counter-check with your pharmacist) and A&D Ointment (if needed for anal/rectal burning)**

**7 days before procedure:**

* Stop taking any fiber supplements
* Stop eating a high fiber diet such as…
* **No** raw fruit or vegetables, **(COOKED VEGETABLES are okay, recommend NO Corn)**

**(NO Salads!) No** whole wheat or multigrain food. **No** nuts or popcorn, no bran or bulk agents, **Also,** avoid Poppy seeds and Sesame seeds. **No** Oatmeal!

* **PLEASE NOTE… If the food is not on this list, YOU CAN EAT IT! The diet is for your benefit, to help clean your colon out for the procedure.**

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**The day prior to your procedure: CLEAR LIQUIDS ONLY ALL DAY**

**\*\*Start clear liquid diet when you wake up in the morning. No solid foods. \*\***

**Solid foods, milk or milk products, pulp, or red, purple, or orange coloring are NOT allowed the day before your procedure.**

**Clear liquid diet:** This include such items as strained fruit juices (without pulp) apple, white grape & lemonade, water, clear broth, bouillon, coffee and tea without milk or creamer of any kind, sports drinks (Gatorade, PowerAde, Propel), carbonated and non-carbonated soft drinks, Kool-aid or other fruit flavored drinks, plain jello (no fruit toppings) and ice popsicles (blue, yellow, green or clear colors are okay). **No Alcohol.** \*\***AVOID ALL Red, Purple or Orange liquids, jello or popsicles**\*\*

**Start taking Prep:** Mix 238 grams of Miralax with 64 fluid ounces of Gatorade shake well to dissolve powder. You may refrigerate this until time to drink.

**12:00pm** take 2 Dulcolax tablets  **\*\*\*Drink at least 3 glasses of clear liquids before 3pm\*\*\***

**3:00 pm** Drink 32 ounces of the Miralax and Gatorade solution. Drink 8 ounces every 15 minutes until gone. Stay near restroom facilities when you start prep. Individual responses to laxatives do vary. Prep may start to work within 30 minutes but may take up to 3 hours. Remain within easy access of toilet facilities.

* If you start to feel like you may vomit, stop drinking prep for 30 to 45 minutes until feeling subsides. Then continue with prep. It is important to take all of the prep so your colon is cleaned out. If you do vomit, as long as it was not directly after drinking prep. You should be ok.
* If you have had a prior gastric bypass drink 4oz every 15 minutes, over a 2 hour period.

**6:00 pm** take 2 Dulcolax tablets  **\*\*\*Drink at least 3 glasses of clear liquids before 9pm\*\*\***

**9:00 pm** Drink the remaining 32 ounces of Miralax and Gatorade. Drink 8 ounces every 15 minutes until gone.

* The correct timing of this dose is essential to effective preparation. Preparation for the colonoscopy is very important; an adequate cleansing of your colon will allow for the best examination. An inadequate prep may result in additional prep and further testing.
* You may find that you still are evacuating this is normal. Yellow to clear liquid is what should be evacuating.

**No Liquids after Midnight**