



7566 N La Cholla Blvd Suite B Tucson, AZ 85741

## Colonoscopy: Gatorade/MiraLax

Purchase over the counter:

- Dulcolax(bisacodyl) stimulant laxative tablets
- 8.3oz bottle of MiraLax
- 2 liters(64 oz) of clear liquids listed below.

### 5 Days Prior to Procedure:

- Begin low residue diet. Acceptable food list attached.

### Day Prior to Procedure:

Clear Liquids Only:

- Clear bouillon, broth, tea, & coffee (without milk or cream)
- Crystal Light, Gatorade, carbonated drinks (including dark cola)
- Apple & White grape juice, Popsicles, & Jell-O
- Do not have anything: purple, red, or orange in color.

Bowel Prep Instructions:

- 9:00am Take 4 Dulcolax(bisacodyl) tablets
- Additional clear liquids must be consumed for preparation to be effective.
- 11:00 am Mix MiraLax in 64oz. of clear liquid. Drink an 8oz. glass every 15-20 minutes until gone.

### Day of the Procedure:

- Driver must be present at time of check in and is required to stay for procedure duration.
- Patient may use a medical taxi.
- Take medications for: heart, blood pressure, pain, anxiety, seizure, and thyroid.
- Do not take any diabetic medications.

You may have clear liquids until \_\_\_\_\_. Nothing by mouth after this time.

Procedure date: \_\_\_\_\_

Check in time: \_\_\_\_\_

Note: Should you need to reschedule or cancel your procedure please call our office at 520-742-4139.