

What Foods and Drinks are OK to Eat?



Clear Broth



Popsicles



Clear Hard Candy



Lemon Juice



Sugar



Apple Juice



Lemon or Lime Jello



Water and mineral water



Black Coffee



Soda, Coke, Pepsi, Ginger Ale



White Cranberry & White Grape Juice



Clear sports drinks



Tea



Milkshakes



Pineapple Juice



Breads, grains, rice, cereals



Fruits



Vegetables



Coffee with Cream



Meats



Soups w/ vegetables, noodles, rice, meat or other chunks of food



Milk and dairy products



Milk



» What about Alcohol? «

Although alcohol is a clear liquid, it can make you dehydrated. You should NOT drink alcohol during the preparation for your test.

What is NOT OK to Eat or Drink!



Red, Orange, Purple & Blue Food and Drinks

(Including Candy, Popsicles, Sports Drinks and Jello)



EXTENDED Miralax/Mag Citrate Prep

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Tel: 910-362-1011 Extension #4 to re-schedule
Extension #6 questions about prep



The prep is the most important part of your procedure. A good prep greatly increases your doctor's ability to protect you from colon cancer. A poor prep limits your doctor's ability to see your colon. This puts you at risk for undetected cancer and may mean you have to repeat this test in 1 year instead of in 5 to 10 years.

You can make sure your prep is good by following the recommended diet and by taking every part of the prep as instructed.

If you do not buy the prep kit at your pre-op visit, at the pharmacy purchase:

- 1) Three-32 oz. bottles of Gatorade, AND one-16 oz. bottle. Must be clear, green, or yellow; No red, orange, blue, or purple colors allowed. The sugar in this product will help hydrate you and protect your kidneys. Do not use water or any sugar free product.
- 2) 4 Dulcolax tablets
- 3) 238 gram bottle of miralax, glycolax, or gavalax, AND one-119 gram bottle of miralax, glycolax, or gavalax. **Note:** If you do not have a daily bowel movement you will need to purchase **one additional** 238 gram bottle of miralax, glycolax, or gavalax.
- 4) One -10 oz. bottle of magnesium citrate. No cherry flavor or other red colors.

If you buy the prep kit at your pre-op visit, then purchase the following items:

- 1) Three-32 oz. bottles of Gatorade, AND one-16 oz bottle. Must be clear, green, or yellow; No red, orange, blue, or purple colors allowed. The sugar in this product will help hydrate you and protect your kidneys. Do not use water or any sugar free product.
- 2) If you do not have a daily bowel movement, you will need to purchase one 238 gram bottle of miralax, glycolax, or gavalax.

Comfort Care: Having multiple liquid stools and wiping during the prep can be irritating to the anal area. Consider purchasing Vaseline or tissue with aloe for the prep if you are prone to this sort of irritation. Keep magazines, iPad, etc... in the bathroom, you'll be spending a lot of time in there.

7 days prior to Procedure:

- **If you do not have a daily bowel movement** start taking 1 capful of Miralax in 8 ounces of liquid of choice twice a day. Do not use the Miralax from the prep kit; use the second bottle you purchased from the pharmacy.
- If you are on Coumadin we would like you to stop it 5 days before the procedure, but we will check with your primary doctor first.
 - ➔ Last day to take _____
- If you are on Plavix we would like you to stop it 7 days before the procedure, but we will check with your primary doctor first.
 - ➔ Last day to take _____
- If you are on _____ we would like you to stop it _____ days before the procedure, but we must check with your primary doctor first.
 - ➔ Last day to take _____
- Do not stop Plavix/Coumadin until you have been notified by our office that your primary doctor approved stopping these medications.
- If you are on aspirin, **Do Not stop taking your aspirin.**

4 days prior to the procedure:

Date:

Mon	Tues	Wed	Thur	Fri	Sat	Sun
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- Stop taking vitamins and iron
- Make sure you have a driver who can remain at the facility for the duration of your visit.
- Watch the informational video about your procedure (if you did not see it at our office). Failure to watch this video will delay your procedure. See the front page for the web address.

3 days prior to the procedure:

Date:

Mon	Tues	Wed	Thur	Fri	Sat	Sun
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- Start a 2 day low fiber and low fat diet. See the diet handout for suggestions.
- Stop taking fiber supplements.

1 day prior to the procedure:

Date:

Mon	Tues	Wed	Thur	Fri	Sat	Sun
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- **Clear liquids only-No solid foods. Examples attached on back of page:**
- **Take all of your normal medications.**
- **If you are diabetic and on insulin take only half of your insulin dose the day prior to the procedure while you are on clear liquids. If you take diabetes pills, take them at the usual dose the day prior to the procedure while you are on clear liquids. On the day of the procedure do not take insulin or your diabetes pills.**

Step 1: At approximately 7:00am, mix the 119 gram bottle of Miralax into the 16oz bottle of Gatorade. Shake the solution until the Miralax is dissolved. Place the solution in the refrigerator to chill.

Step 2: At approximately 9:00am, drink the entire 16oz bottle of solution within 30 minutes.



Step 3: At approximately 3:00 PM take four (4) Dulcolax (bisacodyl 5 mg) with 12 oz water. Swallow the tablets whole with a full (12 oz) glass of water.



Step 4: At approximately 3:00 PM, mix the 238 gram bottle of Miralax in 64oz of Gatorade. Shake the solution until Miralax is dissolved. Place solution in the refrigerator to chill.



Step 5: At approximately 5:00 PM, drink 8oz of the solution every 15 min. until the solution is finished.

This will take about 2 hours; however, it may take an additional 2-3 hours or more to see results.



Step 6: The bowels should eventually empty to a clear yellow liquid. No broth, Jello, popsicles, drink, or water after midnight (12:00 AM) the day prior to your procedure.

On the day of your procedure:

Date:



Step 7: At approximately _____ AM, drink the full 10 oz of Magnesium Citrate and follow up with another 16-32 oz of Gatorade complete by _____AM and then nothing else allowed by mouth at this time. If by 7:00 AM the bowel movement is not clear yellow liquid, please call your physician at: (910) 362-1011, Ext. 0.

- On the day of the procedure do not take insulin or your diabetes pills. Take only your heart, blood pressure, breathing, seizure, psychiatric, and chronic pain, transplant medications on the morning of the procedure with only a small sip of water prior to _____am.
- If you are diabetic check your blood sugar prior to leaving home and bring the results.
- Contact Lenses: You will need to remove your contact lens prior to your procedure. Please bring your case with you or wear your eyeglasses on the day of your procedure.
- **Driver: You will need a responsible adult to drive you to and from the facility and stay with you during the procedure. You and your driver will be at the facility for approximately 3 hours. Your procedure will not be performed if your responsible adult leaves the facility for any reason during this time.**
- Jewelry: Do not wear any jewelry the day of your procedure. You will be asked to remove it prior to your procedure.

Arrive at _____ (time) on _____ (Date)
 Location _____