

HUDSON VALLEY GASTROENTEROLOGY, PC
PROCEDURE PREP

Your prep day is 00/00/0000

You will need to purchase: (1) 238 gram bottle of **Miralax**

8 **Dulcolax Laxative tablets**

These are over the counter medications available at your local pharmacy.

Instructions for prep:

- You must remain on a clear liquid diet all day during your prep day (day before exam.) This starts from the time you get up until midnight.

Beginning at 3:00 PM (Day before Exam):

- At 3:00 PM, take 4 Dulcolax laxative tablets with 8 oz. of clear liquids.
- At 6PM, mix the entire bottle of Miralax in a 64 oz container of iced tea or water. You will **drink half** of the solution (32 ounces) within 1 hour (This is equivalent to one 8 oz glass every 20 minutes for a total of four 8 oz glasses). Refrigerate the remaining solution for am dose.
- At 8PM, take 2 dulcolax tablets with 8 oz. of clear liquids.
- Continue on clear liquids until midnight, then nothing by mouth **EXCEPT** for morning dose.

Beginning at --:-- - 4 hours before your procedure (Day of Exam)

- Take the final 2 Dulcolax tablets.
- **Drink the remaining half** of your Miralax solution within 1 hour (This is equivalent to one 8 oz glass every 20 minutes for a total of four 8 oz glasses).
- Do not have **ANYTHING** to drink for 3 hours before your procedure.

Clear Liquid Diet List

{A clear liquid is any liquid that you can see through}

Nothing RED or ORANGE in color

No milk, Cream or Soy milk in your coffee or tea

No alcoholic beverages please

Please drink as much as possible **IN ADDITION** to your prep solution.

You May Have:

- Clear Soups and Broths (no pasta/veggies) (water based chicken or beef broth is OK)
- Clear Juices: Apple, White Grape, White Cranberry
- Instant Drink Mixes: Iced Tea, Lemonade, Crystal Light, Gatorade, Propel, Pedialyte or other Flavored Waters
- Hard Candy: No Red or Orange (Butterscotch & Root Beer are OK)
- JELL-O Gelatin: Grape, Lime, Berry Blue, Pineapple, Lemon
- Popsicles/Italian Ice: Any Flavor that is **NOT** Red or Orange in color
- Clear Sodas and Seltzer Water (note: these should be limited due to carbonation)
- Tea: Any Kind: Black tea, Green tea, Earl Grey, Oolong, White tea, Herbal tea etc.
- Coffee: Black with sugar is OK, NO milk, soy milk or powdered creamers

YOU MAY USE: Sugar, Honey, or Lemon to flavor any liquid.