

HUDSON VALLEY GASTROENTEROLOGY, PC
PROCEDURE PREP

Your prep day is 00/00/0000

**You will need to purchase: (1) 238 gram bottle of MIRALAX
4 DULCOLAX Laxative tablets**
These are available over the counter at
your local pharmacy.

Instructions for prep:

- You must remain on a clear liquid diet all day (day before exam)
- At 12 noon take 2 Dulcolax tablets with a glass of water
- At 3pm mix the entire bottle of Miralax in a 64 oz container of iced tea or water.
You will drink an 8 oz glass every 20 minutes until all finished.
- Continue to drink clear liquids all day until bedtime.
- At 6 pm take 2 Dulcolax tablets with a glass of water
- Do NOT have anything to drink after midnight 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.

***Do not have anything to eat or drink after midnight**