




Your procedure is scheduled for _____

Check in at _____ with a driver.

MIRALAX/GATORADE PREP

5 Days Prior	4 Days Prior	3 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p><input type="checkbox"/> Arrange for a ride.</p> <p><input type="checkbox"/> If taking iron please stop</p> <p><input type="checkbox"/> If taking Coumadin or other blood thinners, or need antibiotics prior to dental work, call our office for instructions.</p> <div style="border: 1px solid black; padding: 5px;"> <p>Begin Low Fiber Diet</p> <p>No raw fruits or vegetables. No whole wheat or high fiber. No nuts or popcorn or food containing seeds. No Metamucil, Fibercon, Benefiber, bran or bulking agents.</p> </div> <p>Purchase two 32 ounces Gatorade (not red or purple).</p> <p>Purchase 4 Dicolax tablets and Miralax 238 grams from pharmacy.</p> <p><input type="checkbox"/> Last chance to cancel appointment or you will be charged a CANCELLATION FEE of \$200.00</p>	<p><input type="checkbox"/> If you are diabetic and take insulin, please check with your physician about your diabetic medications for the day before and the day of your procedure.</p> 	<p><input type="checkbox"/> Check with your driver and be sure they have read the drivers instructions.</p>	<p><input type="checkbox"/> Drink at least 8 (8 ounces) glasses of water or clear liquids today.</p>  <p>No solid food after midnight.</p>	<div style="border: 1px solid black; padding: 5px;"> <p>Begin Clear Liquid Diet</p> <p>Strained fruit juices (no pulp): for example apple, white grape, broth, water, Gatorade, Popsicles, Jell-o, coffee, tea (no milk or cream)</p> <p>NO RED LIQUIDS</p> </div> <p><input type="checkbox"/> Drink at least 8 (8 ounces) glasses of water or clear liquids throughout the day</p>  <p>In AM. Mix half of the MiraLax 238 grams in EACH of the 32 ounce Gatorade bottles (Not red or purple) until completely dissolved and keep cold in the refrigerator.</p> <p><input type="checkbox"/> 4:00 PM Take 4 Dicolax tabs with 8 ounces of a clear liquid.</p> <p><input type="checkbox"/> 6:00 PM Drink one 8 ounce glass of Gatorade/Miralax mixture every 15 minutes until the container is empty.</p> <p>You may continue to drink clear liquids until bedtime</p>	<p><input type="checkbox"/> Up until 2 hours before you appointment, you can drink clear liquids.</p> <p><input type="checkbox"/> At _____ Drink the second bottle Gatorade/Miralax mixture every 15 minutes until the container is empty.</p> <p><input type="checkbox"/> You may take only necessary medications with sips of water.</p> <p><input type="checkbox"/> No gum or hard candy.</p> <p><input type="checkbox"/> Check in at the Physicians Pavilion located in Capital Medical Center building. Take elevator to the 3rd floor and check in at Suite 300.</p>

Due to the use of Sedation, you will be required to arrive with someone who can sign you out and drive you home. *We cannot permit you to take a taxi, bus, or drive yourself home.**

LOW FIBER DIET

Type of food	OK to consume	Foods to Avoid
Breads, Cereal, Rice and Pasta	<ul style="list-style-type: none"> • White bread, rolls, biscuits, croissants, melba toast • Waffles, French toast, and pancakes • White rice, noodles, pasta, macaroni and peeled cooked potatoes • Plain crackers, saltines • Cooked cereals: Farina, cream of rice • Cold cereals: Puffed Rice, Rice Krispies, Corn Flakes and Special K 	<ul style="list-style-type: none"> • Breads or rolls with nuts, seeds or fruit • Whole wheat, pumpernickel, rye breads and cornbread • Potatoes with skin, brown or wild rice, and kasha (buckwheat) • Oatmeal, grits
Vegetables	<ul style="list-style-type: none"> • Tender cooked and canned vegetables without seeds: carrots, asparagus tips, green beans, pumpkin, spinach and lima beans 	<ul style="list-style-type: none"> • Raw or steamed vegetables • Vegetables with seeds: okra, cucumbers, zucchini • Sauerkraut • Winter squash, peas, broccoli, Brussel sprouts, cabbage, onions, cauliflower, baked beans, peas, hominy and corn
Fruits	<ul style="list-style-type: none"> • Strained fruit juice • Canned fruit, except pineapple • Ripe bananas, melons 	<ul style="list-style-type: none"> • Prunes and prune juice • Raw or dried fruit • All berries, figs, dates and raisins, fresh pineapple
Milk and Dairy products	<ul style="list-style-type: none"> • Milk, plain or flavored yogurts, custard, ice cream, cheese and cottage cheese 	<ul style="list-style-type: none"> • Yogurt with nuts or seeds
Meat, Poultry, Fish, Dry Beans, and Eggs	<ul style="list-style-type: none"> • Well-cooked tender beef, lamb, ham, veal, pork, fish, poultry, ground meats and organ meats • Eggs • Peanut butter without nuts 	<ul style="list-style-type: none"> • Tough, fibrous meats with gristle • Dry beans, peas or lentils • Peanut butter with nuts
Fats, Snacks, Sweets, condiments, and Beverages	<ul style="list-style-type: none"> • Margarine, butter, oils, mayonnaise, sour cream and salad dressing • Plain gravies • Sugar, clear jelly, honey and syrup • Spices, cooked herbs, bouillon, broth and soups made with allowed vegetables • Coffee, tea, and carbonated drinks • Plain cakes and cookies • Hard candy • Pretzels, plain snack crackers • Gelatin, plain puddings, custard, ice cream, sherbet and Popsicles • Chocolate 	<ul style="list-style-type: none"> • Nuts, seeds, and coconut • Jam, marmalade, and preserves • Pickles, olives, relish and horseradish • All desserts containing nuts, seeds, dried fruit, coconut or made from whole grains or bran • Candy made with nuts or seeds • Popcorn, snack crackers with seeds