



PINNACLE
GASTROENTEROLOGY

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Dulcolax, MiraLAX and Gatorade Preparation Instructions

The success of your colonoscopy depends on if the doctor has a clear view of the lining of your colon; which should be free of stool. **NO SOLID FOODS the day before your procedure.**

Please follow the instructions below carefully to ensure you are ready for the procedure.

Two days prior to your colonoscopy take **(2) Dulcolax tablets in the morning** followed by **(2) Dulcolax tablets in the evening.**

The day before your procedure you will be on clear liquids (liquids that can be seen through when held to light); followed by the instructions below:

Take (2) Dulcolax tablets in the morning the day before your procedure.

Purchase the following from any pharmacy:

- (2) - 8.3 oz bottles of powder Miralax
- (2) - 32 oz of yellow or white Gatorade

Mix together and chill the above contents.

Liquids you may drink (**NO RED, ORANGE, PURPLE OR BLUE**):

- Coffee (black)/Tea
- White cranberry juice/Lemonade
- Jello and/or Popsicles (green, yellow or white)
- Clear broth (vegetable, beef or chicken)
- Clear soda (Sprite or 7up) or plain water
- Gatorade (green, yellow or white)

To prevent nausea and vomiting you may begin the prep as early as 1 pm drinking 8oz every 15-30 mins until the entire mixture is finished. If you start to feel too full/nauseated, you may pause the prep for 1 hour; then resume. All liquids must be stopped at midnight the day prior to your procedure.

You may apply Vaseline to rectal area after every bowel movement.

1. You will need a driver as you will be sedated for the procedure. You may not call a taxi nor an uber.
2. If you take blood pressure medication: you may take the morning of your procedure with a very small sip of water. If you are a diabetic, take $\frac{1}{2}$ the dose of the medication the day before and **DO NOT take any the morning of your procedure.**
3. If you take blood thinners (Aspirin, Coumadin, Plavix, etc) clearance will be obtained by medical staff and you will be provided specific instruction on when to hold.
4. **Any questions please call 833-368-8688**