

MUSKOGEE DIGESTIVE CENTER  
384 SOUTH 33RD ST. STE B  
MUSKOGEE, OK 74401  
(918) 682-0700

AJAY K. SANGAL, M.D.

LORI J. FORD, M.D.

FIVE DAYS PRIOR TO PROCEDURE:

STOP: IRON, MULTI VITAMINS AND FIBER SUPPLEMENTS

STOP: BLOOD THINNERS; COUMADIN (WARFARIN), PLAVIX, ASPRIN (ANYTHING CONTAINING ASPRIN) AND IBUPROFEN

ONE DAY PRIOR TO PROCEDURE:

WATER      TEA      BLACK COFFEE (NO CREAM OR SUGAR)      FRUIT JUICE  
CARBONATED BEVERAGES      JELL-O (NO RED OR PURPLE)      CLEAR BROTH

\*\*\* DRINK ONLY LIQUIDS ALL DAY \*\*\*

\*\*\* DO NOT HAVE ANY SOLID FOODS OR RED OR PURPLE PRODUCTS \*\*\*

4 P.M. TAKE FOUR DULCOLAX (bisacodyl 5m.g.) TABLETS WITH A GLASS OF WATER  
5 P.M. BEGIN DRINKING THE GATORADE/MIRALAX MIXTURE

MIX AN ENTIRE 8.3 oz BOTTLE OF MIRALAX AND A 64 oz BOTTLE OF GATORADE  
(NO RED OR PURPLE). SHAKE UNTIL DISSOLVED. DRINK ONE 8 oz GLASS OF THE  
MIXTURE EVERY 15 MINUTES UNTIL THE BOTTLE IS EMPTY.  
AFTER BOWEL MOVEMENTS ARE CLEAR, YOU MAY CONTINUE LIQUIDS UNTIL  
MIDNIGHT.

\*\*\*\* NOTHING BY MOUTH AFTER MIDNIGHT \*\*\*\*

DAY OF THE PROCEDURE:

\*\*\* PLEASE BE SURE TO TAKE BLOOD PRESSURE MEDICATION A COUPLE OF HOURS  
PRIOR TO PROCEDURE (WITH A TINY SIP OF WATER) \*\*\*

BRING A DRIVER: IF YOU DO NOT HAVE SOMEONE WITH YOU THEN YOU WILL BE  
RESCHEDULED NO EXCEPTIONS.

REPORT TO: \_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_  
DATE: \_\_\_\_\_