



7566 N La Cholla Blvd Suite B Tucson, AZ 85741

Colonoscopy: Dr D Gatorade/MiraLax Preparation

Purchase over the counter:

- Dulcolax (bisacodyl) stimulant laxative tablets
- 8.3 oz. bottle of MiraLax(Generic:Peg 3350)
- 2 liters (64 oz) of clear liquids

Day Prior to Procedure:

A low residue breakfast is permitted.

After breakfast clear liquids only:

- Clear bouillon, broth, tea, & coffee (without milk or cream)
- Crystal Light, Gatorade, & carbonated drinks (including dark colas)
- Apple & White grape juice, Popsicles, & Jell-O
- Do not drink anything: purple, red, or orange in color.

Bowel Prep Instructions:

- 12:00 noon take 4 Dulcolax laxative tablets.
- 2:00 pm- 4:00pm mix bottle of MiraLax in 64oz. of clear liquid. Drink an 8oz. glass every 15-20 minutes until half gone.
- Additional clear liquids must be consumed for preparation to be effective.
- 8:00pm-10:00pm. Drink an 8 oz glass of remaining medication every 30-40 minutes until gone.

Day of the Procedure:

- Driver must be present at check in and is required to stay for procedure duration..
- Patient may use a medical taxi or transportation provided through insurance.
- Bring current medication list.
- Take medications for: heart, blood pressure, pain, anxiety, seizure, and thyroid. Do not take diabetic medications.

You may have clear liquids until _____ Nothing by mouth after this time

Procedure date: _____ Check in time: _____

Note: Should you need to reschedule or cancel your procedure please call our office at 520-742-4139.