

CORNERSTONE FAMILY MEDICINE
433 Sewell Dr., Sparta, TN 38583
931.739.3000

PREP FOR COLONOSCOPY

7 days (Seven Days) before your test...

- Stop taking Plavix, Aspirin, Non steroidal Anti-inflammatory drugs (Motrin, Advil, Ibuprofen, Naprosyn, Aleve), or other blood thinner medications.
- May use Tylenol for pain and fever.

3 days (Three Days) before your test...

- Stop taking Coumadin.

Purchase these items at your local pharmacy:

1. Four (4) Dulcolax Laxative tablets
2. One (1) 238 gram bottle of powder Miralax
3. Two (2) 32 oz bottle of Gatorade G2 (orange or yellow in color)

Begin the day prior to you procedure:

Breakfast- before 8:00 AM– may have a light breakfast as follows:

- Any items from the clear liquid diet list
- One boiled or poached egg or small portion of skinless chicken, turkey or fish.
- White toast (no butter)
- One 8 ounce can of ensure

After 8:00AM - Clear liquid diet only.

Begin your colonoscopy prep according to the direction provided below:

1:00pm: Take Four (4) Dulcolax tablets by mouth with nay 32 oz clear liquid.

4:00pm: Mix $\frac{1}{2}$ of the 238 gram bottle of Miralax in the 32oz bottle of Gatorade G2. Shake the solution until the Miralax is dissolved. Drink 8oz every 10-15 min until the entire solution is gone.

(Please continue to use the clear liquid diet with your prep for the rest of the afternoon to avoid dehydration. You may continue this until Midnight Only)

Day of procedure:

6:00am: Mix $\frac{1}{2}$ of the 238 gram bottle of Miralax in the 32 oz bottle of Gatorade G2. Shake the solution until the Miralax is dissolved. Drink 8oz every 10-15 min until the entire solution is gone.

AM Prep must be completed by 8AM. DO NOT eat or drink anything after 8 AM or your procedure may be canceled.

CLEAR LIQUID DIET LIST

- **Do not drink anything colored red, purple, or green**
- **No milk products**

Beverages:

Soft drinks (orange, ginger ale, sprite, Gatorade, Kool-Aid)

Strained fruit juices **without** pulp (apple juice, white grape juice, orange juice, lemonade, etc.)

Water, tea, or coffee (without milk or non-dairy creamer)

Soups:

Fat-free, low sodium chicken or beef bouillon/broth (clear)

Desserts:

Hard candies

Jell-O (lemon or orange) - **no fruit or toppings**

Popsicle's, Italian ice-**no sherbets or fruit bars**