




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
<input type="checkbox"/> Arrange for a ride. <input type="checkbox"/> If taking iron please stop <input type="checkbox"/> If taking Coumadin or other blood thinners, or need antibiotics prior to dental work, call our office for instructions. <div> Begin Low Fiber Diet 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. </div> <div> Purchase 64 ounces Gatorade (not red or purple). Purchase 4 Dulcolax Laxative (Bisacodyl) tablets and Miralax (Polyethylene Glycol) 238 grams available over the counter. <input type="checkbox"/> Last chance to cancel appointment or you will be charged a CANCELLATION FEE of \$200.00 </div>	<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. 	<input type="checkbox"/> Check with your driver and be sure they have read the drivers instructions.	<input type="checkbox"/> Drink at least 8 (8 ounces) glasses of water or clear liquids today.  No solid food after midnight.	<div> Begin Clear Liquid Diet Strained fruit juices (no pulp); for example apple, white grape, broth, water, Gatorade, Popsicles, Jell-o, coffee, tea (no milk or cream) NO RED OR PURPLE LIQUIDS </div> <input type="checkbox"/> Drink at least 8 (8 ounces) glasses of water or clear liquids throughout the day  In AM. Mix half of the MiraLax 238 grams in 32 ounce of Gatorade bottles (Not red or purple) until completely dissolved and keep cold in the refrigerator. <input type="checkbox"/> 4:00 PM Take 4 Dulcolax tabs with 8 ounces of a clear liquid. <input type="checkbox"/> 6:00 PM Drink one 8 ounce glass of Gatorade/Miralax mixture every 15 minutes until the container is empty. You may continue to drink clear liquids until bedtime	<input type="checkbox"/> Up until 2 hours before you appointment, you can drink clear liquids. <input type="checkbox"/> At _____ Drink the second bottle Gatorade/Miralax mixture every 15 minutes until the container is empty. <input type="checkbox"/> You may take only necessary medications with sips of water. <input type="checkbox"/> No gum, hard candy or chewing tobacco. <input type="checkbox"/> Check in at the Physicians Pavilion located in Capital Medical Center building. Take elevator to the 3 rd floor and check in at Suite 300. . .

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