

GATORADE PREP

Patient: _____

Date: _____

Location: _____

Arrival Time: _____

- You will be sedated for this procedure. You will not be able to drive yourself home. Bring someone with you to drive you home. If you plan to take a bus or taxi home, bring a responsible adult with you.
- Women: you should remove nail polish/acrylic from your index finger.
- Women: if you could be pregnant or seeing a fertility doctor, please notify us.
- If your insurance changes before your procedure, notify our office.
- Appointment cancellations require a 48-hour notice or a charge will be incurred.

Shopping List:

1. Three Dulcolax tablets (no prescription needed)
2. Two 32-oz or one 64-oz bottle of Gatorade (any flavor) but “no red”
3. One 238 gram bottle of MiraLax or GlycoLax (no prescription needed)

KIDNEY PATIENTS, DIALYSIS PATIENTS, and CONGESTIVE HEART DISEASE PATIENTS should not use Gatorade to mix with the MiraLax. Use clear liquids approved by your doctor.

THREE DAYS BEFORE THE EXAM: Do not eat raw fruits, vegetables or foods with seeds.

THE DAY BEFORE THE EXAM:

1. Clear liquids only all day (NO SOLID FOOD). This includes soft drinks, coffee (no cream), tea, water, juices such as apple, white grape, broth or bullion Jell-O or popsicles (no red or green). No alcoholic beverages.
2. Take your 3 Dulcolax tablets in the mid morning.
3. Beginning any time after 12:00 noon, mix half of the MiraLax with bottle of Gatorade and drink.
4. Two (2) hours later mix other half of MiraLax with Gatorade and drink.
5. Drink ALL of Gatorade/MiraLax mixture. If you have difficulty, slow down and give your system time to adjust. Get the solution cold before drinking if you like. You may alter prep time to suit your schedule.
6. You may continue the clear liquid diet up until midnight.
7. If you are not completely cleaned out, call our office for further instructions.

THE DAY OF THE EXAM: Take your regular medications the morning of the exam with enough water to swallow your pills, especially blood pressure, heart, lung, and seizure medications.

Medical Precautions

- Blood thinners can affect the procedure. Contact us at least one week prior to your test if you are on Coumadin, Lovenox, Warfarin, Plavix, or Aspirin.
- Artificial heart valves, hip or knee replacements, history of endocarditis require antibiotics before the exam. Please call our office prior to your exam.
- Do not take Iron, Carafate, or Sucralfate during your prep or on the day of your test.
- **DIABETICS:** While on the liquid diet you should only take half the dosage of your diabetic oral agent or insulin. Check your blood sugar throughout the day of your clear liquid diet. Remind the nurse you are diabetic on the day of your test. Check your blood sugar before you arrive for your test. **DO NOT TAKE ANY INSULIN OR DIABETIC ORAL AGENT THE MORNING OF YOUR PROCEDURE.**