

Gatorade Split Prep

Patient: _____ Date: _____ 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 taxi/Uber/bus home, bring a responsible adult with you. Expect to spend 2-4 hours total. **IF YOU COME IN WITHOUT AN ATTENDANT PRESENT, YOU WILL BE RESCHEDULED.**
- **FEMALE PATIENTS:** You should remove nail polish/acrylic from your index finger. If you think you may be pregnant or are currently seeing a fertility specialist, please notify our office.
- If your insurance changes before your procedure, please notify our office so that we may acquire any needed approvals prior to your appointment.
- Procedure appointment cancellations require a 48 hour notice or a charge will be incurred.
- **DO NOT TAKE** any blood thinners (Coumadin, warfarin, Eliquis, Plavix, etc.) or aspirin products 7 days before your test. You may take Tylenol.
- Bring a copy of your advance directive/living will, if you have one.
- **KIDNEY PATIENTS, DIALYSIS PATIENTS and CONGESTIVE HEART DISEASE PATIENTS** should not use Gatorade to mix with Miralax/Glycolax. Call our office for an alternative prep.

SHOPPING LIST:

1. Dulcolax laxative tablets (these are over the counter – no prescription needed)
2. Two 32oz or one 64oz bottle of Gatorade (any flavor except those with red food coloring)
3. One 8oz bottle of Miralax or Glycolax (over the counter – no prescription needed)

PREPARATION SCHEDULE: FAILURE TO ADHERE TO THIS SCHEDULE MAY RESULT IN INCOMPLETE CLEANSING AND THE NEED TO RESCHEDULE YOUR TEST. If you are diabetic, call our office one week prior to your exam.

- **THREE DAYS BEFORE YOUR EXAM:** Do not eat raw fruits or vegetables, or food with seeds.
- **THE DAY BEFORE YOUR EXAM:**
 1. CLEAR LIQUIDS ONLY ALL DAY. This includes soft drinks, coffee (no creamer), tea, water, juices (apple or white grape), broth or bullion, Jell-O or popsicles (any flavor except those containing red food coloring). No alcoholic beverages. **NO SOLID FOODS.**
 2. WHEN YOU WAKE UP: Take 2 Dulcolax tablets. If you are constipated, drink 1 bottle of magnesium citrate (no prescription needed) **before 12:00 noon.**
 3. APPROXIMATELY 4:00PM: Take 1 Dulcolax tablet. Mix half of the bottle of Miralax/Glycolax with 32oz of Gatorade and drink. You may chill/serve over ice, if needed.
 4. You may continue your clear liquid diet until midnight.
- **THE DAY OF YOUR EXAM:** Beginning 5 hours prior to your arrival time, mix the remaining Miralax/Glycolax with 32oz of Gatorade and drink. You should finish this within an hour. (Example: if your arrival time is 8:00am, you should start drinking at 3:00am.) **DO NOT EAT, DRINK, CHEW GUM, OR HAVE HARD CANDY 4 HOURS BEFORE YOUR ARRIVAL TIME!!** If you are unable to take Miralax/Gatorade on the day of your procedure, contact our office for an alternative prep.

If you have any questions, call our office at 615-383-0165.