



3045 Saint Matthews Road
Orangeburg, SC 29118
Phone 803-747-7242 Fax 803-747-7243

COLON PREP

Patient Name: _____ Date: _____

Procedure: _____ Date of procedure: _____

SHOPPING LIST (ALL OVER THE COUNTER)

- **4- Dulcolax Tabs** **1- 64 oz of Gatorade or PowerAde (NO RED)**
- **1 Fleet enema - not mineral oil type** **1-238 gm bottle of Miralax-you will mix the entire bottle with the 64 ounces of fluid you choose**

1. The day before the procedure: _____ **CLEAR LIQUIDS ONLY. NO SOLID FOOD ALL DAY!**

CLEAR LIQUIDS INCLUDE: black coffee, water, apple juice, tea, white grape juice, Sprite, ginger ale, lemon lime Gatorade, yellow Country Time Lemonade, chicken broth, lemon, lime, orange or pineapple Jello, or any liquid that you can see through. **NO RED OR BERRY TYPE LIQUID OR JELLO. NO DAIRY PRODUCTS.**

2. At 1 pm _____ take 2 Dulcolax tabs by mouth.
3. At 3 pm _____ mix the bottle of Miralax with Gatorade.
Begin drinking one glass of mixture every 15-45 minutes until you have finished the 64 oz of Gatorade and Miralax mixture. (Can use Sprite or Ginger Ale to mix with Miralax).
4. At 7pm _____ take 2 more Dulcolax tabs with your last glass of Miralax or water.

5. DRINK PLENTY OF CLEAR LIQUIDS ALL DAY _____,

6. **MAY HAVE CLEAR LIQUIDS ON THE DAY OF THE PROCEDURE UNTIL 2 HOURS BEFORE THE PROCEDURE. No food the morning of the procedure either.**

7. NO FIBER SUPPLEMENTS, VITAMINS, IRON, OR ASPIRIN FOR 3-5 DAYS BEFORE THE EXAM.

8. **** DIABETICS**** NO ORAL MEDICATIONS THE MORNING OF THE PROCEDURE. TAKE ONLY HALF A DOSE OF INSULIN THE DAY BEFORE YOUR PROCEDURE / THE DAY OF PROCEDURE

9. **REMEMBER:** The Morning of exam **NOTHING TO EAT. CAN HAVE CLEAR LIQUIDS UP TO 2 HOURS BEFORE THE PROCEDURE!**

10. Use a rectal fleets enema _____

11. IF YOU HAVE ANY QUESTIONS OR PROBLEMS CALL 803-747-7242 OR 803-849-2336 BETWEEN 8AM- 5PM. AFTER HOURS CALL 803-533-2200 AND ASK FOR THE SC SURGICAL PHYSICIAN ON CALL.