

### **3 DAYS BEFORE YOUR PROCEDURE**

- **STEP 1:** Make sure you have stopped your blood thinners if given permission from your cardiologist. If you haven't, please call **806-761-0747**.
  
- **STEP 2:** Make sure you have purchased all the items you will need for the colon cleanse
  - 1 box of Ducolax Tablets
  - 1 bottle of Miralax (8.3oz)
  - 1 bottle of clear Gatorade (64oz)
  - 1 bottle of Madnesium Citrate
  
- **STEP 3:** You need to start a LOW FIBER DIET.
  - **EXAMPLE:** no seeds, nuts, or popcorn.

### **2 DAYS BEFORE YOUR PROCEDURE**

STEP 1: Continue your LOW FIBER DIET.

STEP 2: Make sure you have a driver the day of your procedure. You may **NOT** take a cab, uber, or citi bus. You will need to reschedule if you **CANNOT** find a ride home.

### **THE DAY BEFORE YOUR PROCEDURE**

- **STEP 1:** When you wake up, you will begin your **CLEAR LIQUID DIET**.

#### **LIQUIDS ALLOWED:**

- Beef/chicken bouillon cubes
- Apple juice
- White grape juice
- White cranberry juice
- Jell-O- GREEN OR YELLOW
- Gatorade- GREEN OR YELLOW
- Powerade- GREEN OR YELLOW
- Sprite, Mountain Dew, 7-Up
- Ginger Ale
- Lemonade- YELLOW ONLY

#### **LIQUIDS NOT ALLOWED:**

- NO COFFEE
- NO DARK SODAS
- NO ALCOHOL

ALSO, **NO SMOKING** THE DAY BEFORE YOUR PROCEDURE OR THE DAY OF YOUR PROCEDURE. IF YOU DO SMOKE, PLEASE CALL OUR OFFICE TO RESCHEDULE.

**SMOKING CAN CAUSE LIFE THREATENING ISSUES WHEN COMBINED WITH ANESTHESIA.**

### **THE DAY BEFORE YOUR PROCEDURE**

- **STEP 2:** While continuing your clear liquid diet,
  - **1) At 12:00p.m**
    - A. Take 4 Ducolax Laxatives
    - B. Mix your bottle of Miralx in with the 64oz bottle of CLEAR Gatorade. SHAKE WELL and REFRIGERATE.
  - **2) AT 6:00p.m.**
    - A. Drink your 64oz bottle of Gatorade/Miralax mixture.
    - B. Continue your clear liquid diet while drinking the mixture to avoid dehydration.
  - **3) YOUR CLEAR LIQUID DIET STOPS AT MIDNIGHT.**

### **THE DAY OF YOUR PROCEDURE:**

- 1) **5 Hours prior** to your arrival time, drink your bottle of Magnesium Citrate.
- 2) **2 Hours prior** to your arrival time, take your allowed medications with a small sip of water.