



DIGESTIVE HEALTH ASSOCIATES

Stuart B. Saslow, MD

Your Procedure will be performed at:
SOUTHWEST ENDOSCOPY CENTER
2 Burnett Court, Suite 200
Durango, CO 81301 (970-259-9369)

Extended MiraLAX/Gatorade Preparation

Your shopping list: You can purchase everything over the counter

- ONE -10oz bottle of Magnesium Citrate
OR
ONE bottle of Milk of Magnesia
- small box of Dulcolax (bisacodyl) 5mg tablets
- 238g container of MiraLAX
- 64oz of Gatorade (no red or purple dyes)

Starting five days prior to procedure: you will need to avoid foods with seeds and fibrous skin (ie: corn, lettuce, cucumber, most fruit.) If you can peel the skin off or remove the seeds, then you may continue to eat those foods. See Low Fiber Diet List

Two days before your procedure: eat light meals until 6pm (avoiding the above-mentioned foods). It is highly recommended to avoid big meals.

6pm- start clear liquid diet, no more food until after your procedure (see attached list.)

7pm- Take the entire 10oz bottle of Magnesium Citrate OR **30ml** of Milk of Magnesia

Day before the procedure:

- You must be on a clear liquid diet ALL DAY



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In the AM- Mix 238g of MiraLAX with 64 oz of Gatorade and put in the refrigerator

3pm- Take two 5mg Dulcolax tablets

6pm- Begin to drink half of the MiraLAX/Gatorade solution (32 ounces).

- Refrigerate remaining solution.
- Clear liquids the rest of the evening

On the morning of the procedure:

- **FOUR hours prior to your arrival time-** Begin drinking the second half of the MiraLAX/Gatorade (32 ounces). If you must drive greater than an Hour to our facility start your prep FIVE hours prior to your arrival time.
- Complete the entire 32 ounces of the solution, even if your stool is clear, yellow.
- If you chew tobacco, you may not chew for SIX hours prior to your arrival time.
- Absolutely **NOTHING** by mouth for **TWO** hours prior to arrival- no water, gum, mints, hard candies. Failure to comply with this will result in a delay or possible cancellation of your procedure.
- Please take any necessary medications before this time.
- You should plan to be here for two hours from check in to check out, and you must have a **RIDE HOME** afterwards. **NO Taxi, Uber, or public transportation can be used.**

Tips and Tricks for completing the preparation

- You may find it easier to drink the solution if you use a straw with the end at the back of your throat (to bypass the taste buds).
- Each time you drink some of the solution, you may also drink some water or clear fluids (like apple juice) to help get rid of any unpleasant taste in your mouth.
- Lime or lemon juice can neutralize the flavor of the prep- you may suck on a lime or lemon- or put a drop or two on your tongue between glasses of preparation.
- You may find it easier to drink the solution if you chill it in the refrigerator first.

Please call (970) 259-9369 with questions.



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Clear Liquid Diet

Allowed to drink:

- Water
- Tea (no cream or milk)
- Black coffee (no cream or milk)
- Flavored water without red or purple dye
- Clear, light-colored juices such as apple, white grape, white cranberry
- Clear broth
- Sodas
- Sports drinks like Gatorade or Powerade (no red or purple dyes)
- Popsicles without fruit or cream, no red or purple dyes
- Jell-O or other gelatin without fruit; no red or purple dyes

Not allowed to drink:

- Alcoholic beverages
- Milk
- Smoothies
- Milkshakes
- Cream
- Orange juice
- Grapefruit juice
- Tomato juice
- Protein drinks
- Soup (other than clear broth)
- Cooked cereal
- Any kind of juice, popsicles, and gelatins with red or purple dyes