



# PREPARATION FOR COLON SURGERY/COLONOSCOPY

Procedure date: \_\_\_\_\_ Procedure time: \_\_\_\_\_

Facility will call you for arrival time

**Purchase at pharmacy:** (1) 238g bottle of MirLAX (over the counter) (4) Dulcolax laxative tablets  
(1) 64 oz bottle of Gatorade- **no red** flavor

## One week prior to the procedure

- **Do not take iron pills or medication that can cause bleeding.** These include, but are not limited to: Aspirin, Percodan, Alka-Seltzer, and any other blood thinners (notify Dr. Ditto's office if you are on any blood thinners).
- **Stop using anti-inflammatory type drugs** including: Empirin, Bufferin, Ascriptin, Ibuprofen, Motrin, Advil, Medipren, Nuprin, Naproxen, Nextra, Celebrex, Vioxx, Clinoril, Piroxicam, Feldene, Aleve, Indomethacin, Indocin, and Voltaren (Tylenol is OK).
- **Discontinue use of fiber supplements:** Metamucil, Citrucel, Benefiber, etc.
- **Do not eat** nuts, seeds, popcorn or corn.

## One day prior to the procedure

The day prior to the procedure you will need to be on a **clear liquid diet all day**. The diet includes water, apple juice, Jell-O, popsicles, chicken broth, Gatorade, chicken and beef bouillon. Do not drink or eat any solid foods, milk or dairy products. (**\*If you are diabetic, do not use sugar free drinks on your clear liquid diet**)

Follow Instructions below:

1. At 3:00 PM take **4 Dulcolax** tablets with **8 ounces of Gatorade**.
2. At 5:00 PM mix the **entire bottle of MiraLAX** in the **remaining 64oz bottle of Gatorade**. Shake the solution until the powder is dissolved. Drink (1) **8 oz glass of Gatorade/MiraLAX solution** every **10-15 minutes** until the mixture is **completely gone**.

**DO NOT EAT OR DRINK AFTER MIDNIGHT**

## On the day of the procedure

- Take heart or blood pressure medications (2) hours before the procedure with a small sip of water. \*All other medications may be taken after the procedure.
- If you are diabetic, please speak with Dr. Ditto on what to do about taking your medication.

**DUE TO ANESTHESIA, YOU WILL NEED SOMEONE  
TO DRIVE YOU HOME AFTER THE PROCEDURE**