

Asif Qadri, M.D.



**Athens Digestive**

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For this preparation you will need:

1. One 238 gram bottle of Miralax
2. Two Dulcolax Tablets
3. 64 oz of Gatorade ICE (or other clear liquid)

#### THE DAY BEFORE YOUR COLONOSCOPY

Drink only clear liquids throughout the day.

You may not have any solid or soft food, milk, or other dairy products.

Please Avoid red or purple clear liquids.

Clear liquids are those you can "see through"

- ✓ water
- ✓ strained fruit juice without the pulp
- ✓ Tea without milk or creamer
- ✓ clear broth or bouillon
- ✓ Ginger ale
- ✓ Lemon-lime soda
- ✓ lemonade
- ✓ sports drink (e.g Gatorade)
- ✓ Kool aide or other fruit flavored drinks (except red)
- ✓ Plain Jell O
- ✓ Ice popsicles

**The following is the schedule for using Miralax/Gatorade:**

**Step 1:**

Beginning at approximately 3:00pm take (2) Dulcolax tablets with 8 oz of water. Swallow the tablets whole with a full glass of water.

**Step 2:**

Mix bottle of miralax in 64 oz of Gatorade Ice (or other clear liquid). Shake the solution until the Miralax is dissolved. Drink 8 oz of the solution every 15 minutes until the solution is finished.

**IF YOUR COLONOSCOPY IS SCHEDULED FOR THE MORNING, DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT. IF YOUR COLONOSCOPY IS SCHEDULED AFTER 1:00PM, YOU MAY HAVE A SMALL QUANTITY OF CLEAR LIQUIDS IN THE MORNING UNTIL 8:00AM.**

REPORT TO \_\_\_\_\_

ARRIVAL TIME \_\_\_\_\_

If you have any questions call us at 706-850-4985.