

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



YOUR COMPREHENSIVE SURGICAL SOLUTION
GENERAL, COSMETIC AND BARIATRIC SURGERY

Clear Liquids List for Procedure Preps

Note: You may only consume the items listed below



Choose from:

- Strained fruit juices without pulp
 - Apple juice
 - White grape juice
 - Lemonade
- Water
- Clear broth or bouillon (chicken or beef)
- Coffee or tea (**without** milk or non-dairy creamer)*
- Gatorade or G2 (for low sugar option)
- Carbonated and non-carbonated soft drinks
- Kool-Aid (or other fruit flavored drinks)*
- Plain Jell-O (without added fruits or toppings)*
- Ice popsicles*

****Diabetics-Please contact your primary care physician for modification of clear liquid diet or medications!****

Products or Foods to Avoid:

***NO Solid Foods**

***No Red Food or Drink**

***NO Milk or Dairy Products**

Five (5) days prior to the procedure avoid:

Blood Thinners (Anticoagulants): Coumadin (warfarin), Plavix, etc.

Note: You must contact your physician **BEFORE** discontinuing these blood thinners.

Aspirin and Aspirin Containing Products:

Note: Please check the label of over-the-counter pain medications

Anti-inflammatory drugs: including: Ibuprofen, Advil, Motrin, Aleve, Celebrex, etc.

Dietary Supplements and Vitamins: (A number of vitamins and supplements affect blood clotting). You may take a daily multivitamin tablet or a Calcium + D tablet.

****Tylenol (acetaminophen) is OK for pain relief****