



ASSOCIATES IN GASTROENTEROLOGY, P.A.

Dr. Chockalingam

Mon-Thurs (803) 788-1100

BERKELEY ENDOSCOPY

Friday (803) 788-1120

**The DAY BEFORE the Colonoscopy:**

1. The night before, mix and dissolve the entire bottle of Miralax in 64 oz. of Gatorade or Crystal Light and keep in refrigerator.

**The MORNING OF the Colonoscopy:** \_\_\_\_\_

1. Take all of your medications except aspirin products, iron supplements, arthritis medication or blood thinners.
2. You will be on a CLEAR LIQUID diet until 10.00 am prior to your procedure time.

**NO:** milk or dairy products (ice cream, yogurt or pudding);  
creamy soups or soups with rice or noodles;  
fruits or vegetables; bread or crackers;  
liquids that are **RED, ORANGE OR PURPLE**

**YES:** broth or boullion (chicken or beef);  
light colored juices (apple, white grape, white cranberry),  
Gatorade (clear, green, yellow, or blue)  
coffee or tea (no creamer) soft drinks; jell-o;  
sherbert; popsicles (cannot have fruit in popsicles)

3. At **6:00 am** take four (4) Dulcolax tablets (**stool softener, not laxative**) with 2 glasses of water. *Dulcolax tablets are to be purchased from over-the-counter by the patient.*
4. At **6:15 am** take one (1) Zofran pill to avoid nausea.
5. At **6:30 am** start to drink the Miralax mixture. Drink 8oz. every 15 minutes, until it is all gone.
6. It may be awhile for you to start having bowel movements. The morning of the test you may still be having liquid/water like movements that may be green to yellow in color.
7. **NOTHING TO EAT AFTER midnight AND NOTHING TO DRINK AFTER 10.00 am, four hours prior to your scheduled procedure time.** Going without food or liquid allows for a safer, more complete test and reduces the chance of nausea.
8. You may take your **blood pressure medicine** with a small sip of water.

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9. **FOR DIABETIC PATIENTS:** Hold any pill form diabetic medicine on the morning of the test. You can take it after the test when you are home and eating again. If you are insulin dependent you can take  $\frac{1}{2}$  of your normal dose on the morning of the procedure.
  
10. Arrive with a friend or family member. They must stay for the entire procedure and drive you home. The estimated time for your entire visit is 2-3 hours depending on circumstances.