



PHYSICIANS' CLINIC
of Iowa, P.C.

General Surgery
202 10th Street SE | Cedar Rapids, IA 52403
Phone: (319) 362-511S | Fax: 877-894-3629
pcofiowa.com

Gatorade Prep for Colonoscopy

Name:

Date of Procedure:

Hospital:

Arrival Time:

PURCHASE THESE 3 ITEMS: (no prescription necessary)

- One bottle of Miralax powder 238 grams
- 4 Dulcolax laxative tablets
- One 64 oz. bottle of Gatorade Thirst Quencher (**no red flavors**)

Day prior to procedure:

You must stay on a clear liquid diet all day for breakfast, lunch and dinner! Clear liquids include: water, jello, juice (no pulp), Gatorade, lemonade, any pop, tea, black coffee, popsicles and clear bouillon. No red liquids. **No milk products.** To prevent dehydration, drink plenty of clear liquids throughout the day! 5 days prior to procedure discontinue fiber supplements: Metamucil, Citrucel, Fiberall, etc. Do not take iron pills or vitamins containing over 15mg of iron.

1. At 3:00 PM take 4 Dulcolax tablets by mouth with a large glass of water.
2. At 5:00 PM mix the 238 gram bottle of Miralax in 64 oz. of Gatorade. Shake the solution until the Miralax is dissolved. Drink an 8 oz. glass every 10-15 minutes until the solution is gone.
3. Continue drinking clear fluids (water, tea, clear fruit juices) until bedtime.

Important Reminders:

- No food or water after midnight the night before your procedure. This may vary if you are scheduled for an afternoon appointment.
- Please take heart, blood pressure, seizure or breathing medication with enough water to get them down at least 2 hours prior to the procedure. Be sure to talk with your doctor or nurse about other medications you are currently using.
- Bring a driver. You will be sedated for your procedure and unable to drive yourself home. You will need someone to stay with you after the procedure for the remainder of the day.
- IF YOUR STOOLS ARE NOT CLEAR AM OF PROCEDURE, YOU WILL NEED TO ARRIVE TO FACILITY WHERE YOUR PROCEDURE IS TO BE PERFORMED-3 HOURS PRIOR THAN YOUR ORIGINALLY SCHEDULED ARRIVAL TIME, YOUR PROCEDURE COULD POSSIBLY BE CANCELED, IF YOUR STOOLS ARE NOT CLEAR THE AM OF YOUR PROCEDURE.



Low Fiber Diet for Colonoscopy — 4 days prior to procedure

Food you can eat:

Bread, Cereal, Rice and Pasta:

- White bread, rolls, biscuits, croissants, and melba toast
- Waffles, French toast, and pancakes
- White rice, noodles, pasta, macaroni, and peeled cooked potatoes
- Cooked cereals: farina, cream of wheat
- Cold cereals: puffed rice, Rice Krispies, Corn Flakes, and Special K

Vegetables:

Tender cooked and canned vegetables without seeds: carrots, asparagus tips, green or wax beans, pumpkin, spinach, and lima beans

Fruits:

- Strained fruit juices
- Canned fruit, except pineapple
- Ripe bananas
- Melons

Milk/Dairy:

- Milk, plain or flavored
- Yogurt, custard, and ice cream
- Cheese and cottage cheese

Meats and other proteins:

- Ground, well-cooked tender beef, lamb, ham, veal, pork, fish, poultry, and organ meats
- Eggs
- Peanut butter without nuts

Fats, Snacks, Sweets, Condiments, and Beverages:

- Margarine, butter, oils, mayonnaise, sour cream and salad dressing
- Plain gravies
- Sugar, clear jelly, honey, syrup
- Spices, cooked herbs, bouillon, broth and soups made with allowed vegetables
- Coffee, tea, and carbonated drinks
- Plain cakes, cookies and pretzels
- Gelatin, plain puddings, custard, Ice cream, sherbet, and popsicles
- Hard candy
- Ketchup and mustard



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Foods to Avoid:

Bread, Cereal, Rice and Pasta:

- Breads or rolls with nuts, seeds, or fruit
- Whole wheat, pumpernickel, rye breads and cornbread
- Potatoes with skin, brown or wild rice, kasha (buckwheat)
- Granola or granola bars

Vegetables:

- Raw or steamed vegetables
- Sauerkraut
- Winter squash, peas, broccoli, Brussels sprouts, cabbage, onions, cauliflower, baked beans, corn
- Lettuce

Fruits:

- Prunes and prune juice
- Raw or dried fruit
- All berries, figs, dates, and raisins

Meats and other protein:

- Tough, fibrous meats and gristle
- Dry beans, peas and lentils
- Peanut butter with nuts
- Tofu

Fats, Snacks, Sweets, Condiments, and Beverages:

- Nuts, seeds and coconut
- Jam, marmalade and preserves
- Pickles, olives, relish and horseradish
- All desserts containing nuts, seeds, dried fruit, coconut, or made from whole grains or bran
- Candy made with nuts or seeds
- Popcorn
- Granola bars, fiber bars, and health bars

Clear Liquid Diet

You can eat or drink only the things you can see through. Clear fruit juices are okay, but Juices with nectar or pulp are **NOT** okay. Milk is also **NOT** okay. **DO NOT** eat or drink anything that is **RED** since this may look like blood in the colon. **NO ALCOHOL.**

You may have these clear liquids:

- Plain water
- Fruit juices without pulp or nectar, such as grape or filtered apple Juice
- Soup broth (bouillon or consommé)
- Any soda pop
- Gelatin (Jell-O) No red coloring
- Popsicles that do not have bits of fruit or fruit pulp in them. No red coloring
- Tea or coffee with no cream or milk added
- Sports drinks. No red coloring