

Virtual Colonoscopy Preparation Sheet

Before beginning the following steps, you will need the following:

- 1) MiraLAX 238g (over the counter)
- 2) 4 Dulcolax laxative tablets, not stool softener (over the counter)
- 3) 64 oz bottle of Gatorade
- 4) 1 box of Tagitol (Obtain from our office)
- 5) 30mL of Gastrografin (Obtain from our office)

3 days prior to the procedure:

Follow a low fiber/low residue diet. Drink lots of fluids, especially water. Stop using fiber supplements. Avoid high fiber items such as beans, nuts, seeds, and whole grain items.

2 days prior to the procedure:

Same as above.

1 day prior to the procedure (BUSY DAY):

With each meal: Take a dose of Tagitol.

Drink only clear liquids for breakfast, lunch, and dinner. Solid goods, milk or milk products are NOT ALLOWED. Clear liquids include:

Fruit juices (apple, grape, cranberry, white grape)
Clear broth or bouillon
Gatorade
Plain Jello and popsicles

Water
Coffee or tea without milk or creamer
Soft drinks: carbonated or non-carbonated

At 3:00pm – Take 2 Dulcolax tablets, followed by 3-4 glasses of clear liquids.

At 5:00pm – Mix the bottle of MiraLAX 238g in the 64 oz bottle of Gatorade and begin drinking. Drink a glass every 15 minutes until you have finished the 64 oz bottle.

At 8:00pm – (1) Take the other 2 Dulcolax tablets

(2) Mix the 30mL of Gastroview with either Sprite, Ginger Ale, Cranberry juice or other juice without pulp.

(3) Drink 3 more glasses of clear liquids prior to midnight.

You may want to use Vaseline or A&D ointment to prevent irritation. You may want to substitute Tucks or baby wipes instead of toilet paper.

Do not have anything to eat or drink after midnight (unless your procedure is in the afternoon).

Day of procedure:

You may have a drink of water to take medication with the morning of the procedure. If your exam is in the afternoon, you may have breakfast (clear liquids only).