

Please purchase Miralax Preparation (238g) and 4 Dulcolax tablets from any drug store (it is an over-the-counter item) for the second day of prep for the Virtual Colonoscopy. Purchase one 64 oz. Bottle of Gatorade/Gatorade G2.

Two Days Prior to Your Test:

Start a low residue diet. Start with breakfast 48 hours prior to your exam.

The low-residue diet consists of the following:

- Beverages - clear liquids (water, coffee, tea, broth, orange or grape punch (not juice), clear JELL-O (no red or grape), 7-Up)
- Strained fruit juices (orange, apple, grape)
- Cereal (Rice Krispies), Farina, Cream of Wheat)
- Eggs (any style)
- Cottage Cheese (dry, not creamed)
- Meat (canned baby meats, baked skinless fish, finely chopped canned tuna)
- Macaroni, Spaghetti, Noodles, Rice (NO SAUCE)
- Oil, Butter or Margarine
- Sweets & Sugars (plain gelatin desserts without added ingredients, moderate amounts of sugar or strained honey)
- Seasonings (moderate amounts)
- NO breads
- NO fruits or vegetables
- NO milk or milk products
- NO "artificial" milk products
- NO alcoholic beverages

*****Take first bottle of Tagitol (may mix with clear liquid or strained fruit juice) at dinnertime*****

One Day Prior to Your Test:

Note: Be sure to drink all water/fluids as instructed. Do not use milk, cream or non-dairy creamer. Staying well hydrated is critical for colon cleansing and for the fecal tagging agent (Tagitol) to work properly.

Breakfast: Clear soup (any broth), strained fruit juice without pulp, flavored gelatin that is not red (do not add extra ingredients), soft drinks, black coffee, or plain tea.

*****Take second bottle of Tagitol (may mix with clear liquid or strained fruit juice)*****

Noon: Clear soup (any broth), strained fruit juice without pulp, flavored gelatin that is not red (do not add extra ingredients), soft drinks, black coffee, and plain tea.

*****Take last bottle of Tagitol (may mix with clear liquid or strained fruit juice)*****

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

Dinner (5:00 pm): Clear soup (any broth), strained fruit juice without pulp, flavored gelatin that is not red (do not add extra ingredients), soft drinks, black coffee and plain tea.

5:00 p.m.: Mix the bottle of Miralax 238g in the 64oz bottle of Gatorade and begin to drink. Drink a glass every 15 minutes until you have finished the 64oz bottle.

8:00 pm: Take the other 2 Dulcolax tablets followed by 4 or more glasses of clear liquids prior to midnight.

After Midnight: NOTHING TO EAT OR DRINK

The day of your test: DO NOT EAT OR DRINK ANYTHING.