

Date of Exam: _____

Arrival Time: _____

Return Time: _____

CAPSULE PREP UNSTRUCTIONS

Your procedure has been scheduled at:

Florida Digestive Specialists
5651 49th St N
St. Petersburg FL, 33709

To ensure a successful exam, please follow all instructions carefully.

You may take all your normal medications!

PURCHASE THESE ITEMS AHEAD OF TIME:

- ✓ 238gm (8.3oz) bottle of Miralax (Polyethylene Glycol).

(This will be given to you as a prescription. However, if insurance does not cover, it will have to be purchased over the counter.)

- ✓ 2 32oz bottles of Gatorade, PowerAde, Water, Apple Juice, White Grape Juice (**NOT RED or PURPLE**)



INSTRUCTIONS FOR THE CAPSULE

_____ 1 Day Before

Upon waking up:

- ❖ Begin a clear liquid diet
- ❖ **NO RED OR PURPLE**

You may ONLY have:

- ✓ Coffee or Tea (**NO** milk or creamer)
- ✓ Pulp Free Juice (apple, white grape)
- ✓ Broth or Bouillon
- ✓ Kool-Aid or Crystal Light
- ✓ Jell-O (**NO** added fruit or toppings)
- ✓ Popsicles or Italian Ice
- ✓ Carbonated Drinks (Coke, Pepsi, Sprite, Diet or Regular)

At:

3:00 pm take **BOTH** Dulcolax tablets (provided by the office)

- Mix 7 capfuls of Miralax into both of your 32oz bottles of Gatorade and place in the refrigerator.

6:00 pm

Drink 8oz every 15 minutes until both 32oz bottles are gone



7:30 pm Mix the other 7 capfuls of Miralax into your 32oz Gatorade and place in the refrigerator.



NOTHING TO EAT OR DRINK AFTER MIDNIGHT. YOU MAY HAVE WATER!

The Day of Your Procedure

YOU MAY CONTINUE TO HAVE WATER UP TO 3 HOURS BEFORE YOUR ARRIVAL TIME!

If you have any questions please do not

hesitate to call

727-440-6892 MELISSA