



Your procedure will be on \_\_\_\_\_

Arrive at \_\_\_\_\_ AM/PM

Your procedure will be with Doctor \_\_\_\_\_

Your procedure will be done at:

\_\_\_ Kissimmee Endoscopy Center 715 Oak Commons Blvd Kissimmee, FL (407-931-2816)

\_\_\_ Osceola Regional Hospital 700 W. Oak Street, Kissimmee, FL (407-846-2266)

\_\_\_ Saint Cloud Hospital 2906 17th Street, St. Cloud, FL (407-892-2135)

710 Oak Commons Blvd. Kissimmee, FL. 407-846-6747

Website: [www.gaofla.com](http://www.gaofla.com) Sandra x210 or Aaron x220

**IMPORTANT THINGS TO REMEMBER BEFORE YOUR PROCEDURE:**

You will need to purchase: (Local Pharmacy):

(4) – Dulcolax tablets 5 mg (NOT Suppositories)

(1) – Bottle of magnesium citrate

(1) – Bottle of MIRALAX 238 grams

(1) – 64 oz. Gatorade (NOT RED OR PURPLE)

STOP DATE \_\_\_\_\_

- DO NOT take any blood thinners 5 days before your procedure, as you were told to stop before your procedure.
- DO NOT drive or do any hazardous work the day of your procedure. PLEASE bring someone to drive you back home.
- Please be advised that your stay can take up to 2-3 hours.

DATE :

First (1) DAY of Preparation you will be on soft diet: Steamed Fish, chicken, peanut butter, crackers, plain white rice, water, juice, tea, and/or coffee NO MILK (No Red/Purple) Drinks NO Beans, corn, no seeds.

6:30 pm – Magnesium Citrate ONLY

DATE \_\_\_\_\_

**Second (2) DAY of Preparation:**

**CLEAR "LIQUID" DIET ONLY**

Water - Clear Broth, or bouillon, Coffee or tea (NO MILK), strained fruit juices (NO PULP), Jell-O (NO FRUIT), popsicles sticks, Gatorade. Do not take any red colored or purple Jell-O or drinks.

- **4pm** – Two (2) Dulcolax tablets orally with water.
- **5pm** – Mix the 238 gram bottle of Miralax in the 64oz. bottle of Gatorade (No red or purple flavors). Shake the bottle until mixture is dissolved. Drink a glass of mixture (8oz) every 10-15 minutes. **With every glass of prep you take, you must drink a glass of water.**
- **9pm** – Two (2) Dulcolax tablets orally with water.

**YOU MUST NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT**

**YOU MAY TAKE BLOOD PRESSURE MEDICATIONS, ANY BREATHING TREATMENTS / INHALERS ANXIETY / SEIZURE MEDICATIONS WITH A SIP OF WATER ONLY. The morning of your scheduled appointment.**