You have been scheduled to undergo Virtual Colonoscopy. In order for the examination to be successful, your colon must be completely cleared of stool. For this reason, you must take a laxative preparation the day before the procedure. **Please follow these instructions carefully.** If your colon is not completely clear, it may interfere with the ability to diagnose your problem and could even require that the test be repeated. This preparation is safe in all patients, including those with a history of congestive heart failure or kidney failure.

Your procedure is scheduled on:______________________________________

The Facility you are to report to:______________________________________

Please arrive for the procedure at:_____________________________________

**INSTRUCTIONS THE DAY BEFORE THE PROCEDURE IS SCHEDULED:**

On________________________, please mix the entire bottle of Miralax powder with a half gallon bottle of Gatorade in a large, separate container. Allow the powder to dissolve completely. Label this bottle so no one else accidentally drinks it. **For the entire day before the procedure, you may have clear liquids only:** no solid foods or milk products. Clear liquids are coffee, tea, soda, water, apple/white grape juice, broth, Jell-O, Gatorade, and popsicles. **NO RED LIQUIDS.** Take only clear liquids all day until you go to bed. Make sure you drink plenty of fluids so you do not become dehydrated.

At 8:00 A.M. on the day before the exam, take breakfast dosage of Tagitol V Solution.

At 12:00 NOON on the day before the exam, take lunch dosage of Tagitol V Solution.

Around 1:00 P.M. take two tablets of Dulcolax and begin drinking the Miralax/Gatorade mixture, drinking an 8 ounce glass every 30 minutes until the entire half gallon is gone. If you become nauseated, stop for 30 minutes and then resume drinking. You have until midnight to complete the solution.

At 6:00 P.M. on the day before the exam, take the dinner dosage of Tagitol V Solution. **You may not have anything to eat, drink, or chew after MIDNIGHT** on _________________________________.

*** Please refrain from smoking the day of the procedure. If you are asthmatic, please bring your inhalers. If you are diabetic, please bring your insulin.

**Shopping List:**
- Clear liquids (listed above)
- Gatorade ½ gallon *Note: You may not drink any RED flavored Gatorade
- Miralax 238 gram bottle over the counter or Generic Brand – Glycolax
- Two tablets of Dulcolax (Laxative, Brand only) available over the counter.
- Breakfast, Lunch, and Dinner Tagitol V Solution will be provided to you by Radiology Regional Center.

Please call our office if you have any questions about these instructions 239-936-2316.