

Dr. Baum, Dr. Devito, Dr. Okun, Dr. Reydel

Trilyte/Miralax Split Dose with Flavor Packs

Follow your Clear Liquid Diet at 6pm on: _____ (2 days before procedure).

PREP DATE 1st PART on: _____ (2 days before procedure).

Mix the 64 ounces of Gatorade or water with 238 grams of MiraLAX and shake vigorously. Put in refrigerator and chill; at 6pm start drinking the MiraLAX mix.

Choose one of the flavor packs and add it to the 4 Liter bottle, add water up to the fill line and shake well until powder has dissolved. Refrigerate until ready to drink (the colder it gets, the better).

PREP DATE 1st PART on: _____ (The day before procedure).

12:00pm

Take two Dulcolax laxative tablets with 8oz of water (purchase over the counter).

5:00pm

Begin drinking the solution. Drink an 8 ounce glass of the solution every 10 minutes. It is recommended to drink each glass rapidly than to take small sips. A drinking straw may help. Keep drinking the solution until half of the solution has been consumed. Place the remaining solution in the refrigerator until the following morning.

PREP DATE 2nd PART on: _____ at _____ (5 hours before arriving).

Begin drinking the remaining half of the solution. Drink one 8 ounce glass of solution every 10 minutes. Again, it is recommended to drink the whole glass rapidly rather than take small sips. Continue with your clear liquid diet over the next 2 hours.

- **YOU MUST HAVE SOMEONE TO TRANSPORT YOU DAY OF PROCEDURE!**
You will be sedated and will not be permitted to drive.

PROCEDURE DATE: _____

ARRIVAL TIME: _____

CLEAR LIQUID DIET

Start Clear Liquid Diet at 6pm on: _____
(Two days before procedure.)

FRUIT JUICES: White grape, apple, white cranberry

CARBONATED DRINKS: Ginger Ale, Sprite, 7Up, Clear, and flavored Seltzers

SPORTS/FLAVORED DRINKS: Vitamin Water, Power Aide, Gatorade,
Powdered lemonade, Iced Tea

COFFEE/TEA: BLACK ONLY! Sugar/Artificial Sweeteners are ok.

WATER: Please drink plenty of water — VERY IMPORTANT

BROTH/BOUILLON: Chicken, Beef, Vegetable (ONLY Broth)

ICE POPS/ITALIAN ICES: No whole fruit or real fruit

JELLO

YOU MAY NOT HAVE THE FOLLOWING:

ABSOLUTELY — No meat, meat substitutions, vegetables, fruits, fruit juices containing pulp and not clear (orange, grapefruit, pineapple, mango, etc.), dairy, dairy substitutions, breads, grains, starches, root beer, cola, or other dark colored sodas.

ABSOLUTELY — No alcohol!

****Nothing by mouth after _____.****
(3 hours before arriving at facility.)

WHERE

St. Mary's Hospital

350 Blvd.

Passaic, NJ 07055

(973) 365-4499

Report to Admissions.

Premier Endoscopy

164 Brighton Rd.

Clifton, NJ 07012

(973) 859-3700, opt. 1

Suburban Endoscopy

799 Bloomfield Ave., Suite 101

Verona, NJ 07044

(973) 571-1600

Hackensack UMC Mountainside

1 Bay Ave.

Montclair, NJ 07042

(973)-429-6000, opt. 1

Report to main entrance on Bay Ave. FREE valet service at entrance.

Clara Maass Medical Center

1 Clara Maass Dr.

Belleville, NJ 07109

(973) 450-2000

Report to main entrance.

Please call our office if you have any questions.

973-845-4160, opt. #6