



Mark J. Hermacinski, MD, FACS

General, Endoscopic & Laparoscopic Surgery

The YVMC pre operative nurses will contact you for time of arrival and any further instructions. If you have not heard from them the day prior to your procedure you may contact them at 970-871-2302 or 970-871-2341.

You will need to purchase from the store:

- Gatorade (64 ounces)
- Dulcolax 5 mg tablets (4 tablets)
- Miralax Bottle 238 grams (purchase the one that is over the counter)

The day before your procedure:

Clear liquid only (NO SOLID FOOD or MILK PRODUCTS)

Examples of clear liquids: water, clear fruit juices (apple or white grape), chicken or beef bouillon, Jell-O, Gatorade, clear soft drinks, black coffee.

- 1 pm: Take 2 Dulcolax tablets
- 3 pm: Mix the entire bottle of Miralax into the 64 ounces of Gatorade. Shake the solution until fully dissolved. Drink an 8 ounce glass every 30 minutes until the solution is gone.
- 5 pm: Take the last 2 Dulcolax tablets

The day of your procedure:

**Nothing to eat or drink the day of your procedure.*

Any solid food or milk products the day before the procedure or the day of your procedure will result in rescheduling the procedure.

*****YOU WILL BE REQUIRED TO HAVE A RIDE HOME**

If you have any questions, please contact our office at 970-879-9299.

- It is ok to remain on anticoagulants and ant thrombolytic.