



COLON, STOMACH & LIVER CENTER, LLC | LOUDOUN ENDOSCOPY GROUP

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19455 Deerfield Ave., Suite 201 | Lansdowne, VA 20176

(P) 703.723.3670 | (F) 877.325.2018



CSL Prep Ingredients

- Dulcolax (Bisacodyl)
 - 2 tablets (orange)
- Miralax
 - 8.3 ounces
- A clear liquid of your choice:
 - Water
 - Gatorade
 - Powerade
 - Crystal Light
 - Pedialyte
 - Apple or white grape juice
- AVOID all **RED**, **PURPLE**, and **BLUE**

The day of your procedure:

Do NOT eat anything the day of your procedure. Do NOT drink anything after 12 AM the day of your procedure. If you do, there is a risk of aspiration with the sedation. Therefore, your procedure may be cancelled or delayed. You may resume a normal diet after the procedure.

For additional information, please visit our website, www.loudounslcenter.com.



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CSL (OTC) Colon Prep:

Diet Information

From midnight the day before your procedure until midnight the day of your procedure (the night before your procedure) you will be on a clear liquid diet only, no solid foods (the entire 24 hour day before your procedure). After midnight on the day of (the night before your procedure) you will remain NPO (nothing by mouth) until after your scheduled procedure.

Prep Instructions: Completed the Day before the Procedure

STEP 1:

At **3 PM the day before your procedure**, take two orange prep pills by mouth with Clear Liquids.

1. Mix the entire bottle of Miralax powder with 64oz of fluids.
2. Stir until dissolved.
3. Chill with ice or in refrigerator.

STEP 2:

At **3 PM the day before your procedure**, begin drinking the Miralax solution.

1. You should attempt to drink at least one 8oz glass every 20 minutes until the entire 64oz is gone.
2. A straw may help. If you become nauseated or vomit take a 30-minute break, then continue drinking the solution.

Additional Information

You must drink the entire prep for the best results. Drinking plenty of water will also help. You can continue to drink clear liquids up until midnight.

After midnight, do not eat or drink until after your procedure.

Clear liquids are transparent. Avoid liquids with a red dye. For additional information, including types of diets, please visit www.loudounslcenter.com

If you are having an emergency or do not start having bowel movements, 2 hours after step 2, call (703) 723-3670 to reach the on-call provider.

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