



RETROGRADE DOUBLE BALLOON ENTEROSCOPY

HOW TO PREPARE FOR YOUR RETROGRADE DOUBLE BALLOON ENTEROSCOPY (DBE):

2 day prep instructions

PURCHASE AT THE PHARMACY (Total for both days of prep):

CLEAR LIQUIDS OF YOUR CHOICE (nothing red, orange, or purple)

8 Dulcolax laxative tablets

2 10-ounce bottles of Magnesium Citrate (aka Citrate of Magnesia)

238 grams of Miralax powder

64 ounces of Gatorade (not red, orange or purple). You may substitute for G2 if you are diabetic.

TWO DAYS PRIOR TO YOUR PROCEDURE: _____

1. CLEAR LIQUID DIET ALL DAY (see *General Information Sheet for suggestions*)
2. At 10 am, take 4 Dulcolax laxative tablets.
3. At 12 pm (noon), drink one 10 ounce bottle of Magnesium Citrate.
4. Continue your CLEAR LIQUID DIET until bedtime to remain hydrated.

ONE DAY PRIOR TO YOUR PROCEDURE: _____

1. CLEAR LIQUID DIET ALL DAY
2. At 12 pm (noon), take 4 Dulcolax laxative tablets AND one 10 ounce bottle of Magnesium Citrate.
3. **Between 1:00 pm and 2:00 pm:** Mix 238 grams of Miralax powder into 64 ounces of Gatorade and shake until dissolved. DRINK 8 ounces every 15 minutes until completely finished. (This should take about 2 hours total, no more than 2 ½ hours).

HINT: If you prefer your Gatorade (or G2) be cold, put it in the refrigerator 1 day prior to mixing. DO NOT mix the Miralax into the Gatorade any earlier than the day you are supposed to drink it.

4. Continue your CLEAR LIQUID DIET until bedtime. This helps to flush out the colon.

THE DAY OF YOUR PROCEDURE: _____

DO NOT HAVE ANYTHING TO EAT OR DRINK.

Medications may be taken with a small sip of water (just enough to get it down).

Note: If you are diabetic, you have may clear liquids up until 6 hours before your procedure is to begin. Stop liquids at _____.