

**YOUR BOWEL PREP IS EXTREMELY IMPORTANT!
PLEASE READ INSTRUCTIONS CAREFULLY**

<p>1 Week Before</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Purchase the following: <ul style="list-style-type: none"> ○ 238 gram bottle of MiraLAX powder (over the counter). ○ Two (2) 33.8 ounce bottles of Pedialyte to mix the MiraLAX in. Pedialyte is often found in the baby section of the pharmacy/grocery store. NO RED OR PURPLE. ○ Six (6) Dulcolax (bisacodyl)- 5 mg laxative pills (over the counter). ○ GasX or simethicone gas relief over the counter. You will only need 4 of these. These help decrease bubbles in your colon. ○ Clear liquids – Refer to clear liquid diet handout. <input type="checkbox"/> Plan for a driver: Plan for someone to drive you home or escort you if taking alternate modes of transportation. You will be sedated for your procedure. You should not drive again until the morning after your procedure. <input type="checkbox"/> Stop eating any visible seeds, nuts or whole grains. You can still eat fruits and vegetables if you remove the seeds from them. While we may not cancel your procedure if you hav accidentally eaten them the week before your procedure, it may impact the quality of your prep. <input type="checkbox"/> Stop taking all supplements. Continue taking your prescription medications and multivitamins. <input type="checkbox"/> If you are diabetic and/or taking prescription blood thinning medication, refer to handout. If you did not receive this handout, contact our office.
<p>2 Days Before</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Start clear liquid diet from the time you wake up. See clear liquid diet handout. <input type="checkbox"/> At 10:00 am: Take 2 Dulcolax pills. <input type="checkbox"/> Continue clear liquids to stay hydrated.
<p>1 Day Before</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Continue clear liquid diet from the time you wake up. <input type="checkbox"/> At 6:00 pm: Take 2 Dulcolax pills. <input type="checkbox"/> At 7:00 pm: <ul style="list-style-type: none"> ○ Mix the half the bottle of MiraLAX (7 capfuls of powder) into one bottle (33.8 ounces) of Pedialyte until completely dissolved. ○ Drink the entire mixture of MiraLAX-Pedialyte (33.8 ounces) at a rate of one 8-ounce glass every 15-20 minutes. This should take 1-1.5 hours. ○ Take 2 GasX pills. ○ If you experience nausea or vomiting, take a 15-30 minute break, then continue drinking prep solution. <input type="checkbox"/> Continue clear liquids to stay hydrated.

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Procedure Day

- **Continue clear liquid diet** from the time you wake up.
- **7 HOURS PRIOR to your procedure:**
 - Take 2 Dulcolax pills.
 - Mix the remaining half of MiraLAX (7 capfuls of powder) into the second bottle (33.8 ounces) of Pedialyte until completely dissolved.
 - Drink the MiraLAX-Pedialyte mixture at the rate of one 8-ounce glass every 15-20 minutes until it is entirely gone.
 - Take 2 GasX pills.
- **6 HOURS PRIOR to your procedure:**
 - **Stop all use of cigarettes, e-cigarettes, chewing tobacco and marijuana.**
- **5 HOURS PRIOR to your procedure:**
 - Drink 3 more 8-ounce glasses of clear liquids over the next hour.
- **4 HOURS PRIOR to your procedure:**
 - NOTHING by mouth – including gum, hard candy/mints.
 - You may take your essential morning medications with four tablespoons (2 oz) of water, 2-4 hours prior to your procedure, unless otherwise directed by your physician.
- **After your prep** your stools should appear clear yellow-green with no solid matter or fecal sediment. You should be able to see through to the bottom of the toilet. If you cannot see through to the bottom of the toilet and your appointment is before 8am, you may call the on-call physician after 6am. Otherwise, please call the endoscopy center after 7am for further advice.
- **Have the following:**
 - A ride home.
 - Insurance cards & driver's license. Do not bring valuables.