

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

<p><b>1 Week Before</b></p>	<ul style="list-style-type: none"> <li>❑ <b>Purchase</b> the following: <ul style="list-style-type: none"> <li>○ 238 gram bottle of MiraLAX powder (over the counter).</li> <li>○ 64 ounce bottle of a sports drink like Gatorade, Propel, or Powerade to mix the MiraLAX in. <b>NO RED OR PURPLE</b> colored drink.</li> <li>○ 10-ounce bottle of GREEN or CLEAR magnesium citrate (over the counter laxative). <b>NO RED OR PURPLE.</b></li> <li>○ Dulcolax (bisacodyl)- two 5 mg laxative pills (over the counter).</li> <li>○ GasX or simethicone gas relief over the counter. You will only need 4 of these. These help decrease bubbles in your colon.</li> <li>○ Clear liquids – Refer to clear liquid diet handout.</li> </ul> </li> <li>❑ <b>Plan for a driver:</b> 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.</li> <li>❑ <b>Stop eating</b> 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 have accidentally eaten them the week before your procedure, it may impact the quality of your prep.</li> <li>❑ <b>Stop taking all supplements.</b> Continue taking your prescription medications and multivitamins.</li> <li>❑ If you are <b>diabetic</b> and/or taking <b>prescription blood thinning medication</b>, refer to handout. If you did not receive this handout, contact our office.</li> </ul>
<p><b>1 Day Before</b></p>	<ul style="list-style-type: none"> <li>❑ <b>Start clear liquid diet</b> from the time you wake up. See clear liquid diet handout.</li> <li>❑ <b>At 6:00 pm:</b> <ul style="list-style-type: none"> <li>○ Take 1 Dulcolax pill.</li> <li>○ Drink the 10-ounce bottle of magnesium citrate. Drink over 15 minutes to reduce nausea.</li> </ul> </li> <li>❑ <b>At 7:00 pm:</b> <ul style="list-style-type: none"> <li>○ Mix the entire bottle of MiraLAX in 64 ounces of a sports drink until completely dissolved.</li> <li>○ Drink <u>half of the mixture</u> (32 ounces) over the next hour.</li> <li>○ Take 2 GasX pills.</li> <li>○ If you experience nausea or vomiting, take a 15-30 minute break, then continue drinking prep solution.</li> </ul> </li> <li>❑ Refrigerate the remaining half of the mixture for the next day.</li> <li>❑ Continue clear liquids to stay hydrated.</li> </ul>

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## Procedure Day

- ❑ **Continue clear liquid diet** from the time you wake up.
- ❑ **7 HOURS PRIOR to your procedure:**
  - Take 1 Dulcolax pill.
  - Drink the remaining half of the MiraLAX mixture (32 ounces) over the next hour.
  - 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.