

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

Prep: MiraLAX - 2 Day

<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 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)- four (4) 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 <b>clear liquid diet handout</b>.</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. Refer to the <b>dietary guidelines handout</b>. Please do not take oil-based vitamins/supplements (A, D, E or K, fish oil, etc.) for a full 7 days before your procedure. While we may not cancel your procedure if you have accidentally consumed them the week before your procedure, it may impact the quality of your prep.</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>2 Days Before</b></p>	<ul style="list-style-type: none"> <li>❑ <b>Start clear liquid diet</b> from the time you wake up. Refer to clear liquid diet handout.</li> <li>❑ <b>At 10:00 am:</b> Take 1 Dulcolax pill.</li> </ul>
<p><b>1 Day Before</b></p>	<ul style="list-style-type: none"> <li>❑ <b>Continue clear liquid diet</b> from the time you wake up.</li> <li>❑ <b>At 10:00 am:</b> Take 1 Dulcolax pill.</li> <li>❑ <b>At 5:00 pm:</b> Take 1 Dulcolax pill.</li> <li>❑ <b>At 6:00 pm:</b> Drink the 10-ounce bottle of magnesium citrate. Drink over 15 minutes to reduce nausea.</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>○ <b>Take 2 GasX pills.</b></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> </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:**
  - NO DRINKING/NOTHING by mouth – including water, gum, hard candy/mints.
  - The only exception: If you have a critical medication that cannot be taken 4-6 hours early, it can be taken up to 2 hours before the procedure, BUT ONLY WITH A SIP OF WATER (no more than 2-3 TABLESPOONS).
- If you cannot see through to the bottom of the toilet one hour after finishing your prep, please call our office for further advice after 6 am.
- **Have the following:**
  - A ride home. To be confirmed at check-in.
  - Insurance cards & driver's license. Do not bring valuables.