

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

Prep: MiraLAX Half Prep

<p>1 Week Before</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Purchase the following: <ul style="list-style-type: none"> ○ 119 gram bottle of MiraLAX powder (over the counter). ○ 24 ounces of a sports drink like Gatorade, Propel, or Powerade to mix the MiraLAX in. NO RED OR PURPLE colored drink. ○ 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"/> Please do not take oil-based vitamins (A, D, E or K, fish oil, etc.) or supplements for a full 7 days before your procedure. 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. <input type="checkbox"/> Stop the use of any illicit drugs 7 days prior to your procedure or your procedure may be canceled. <input type="checkbox"/> If you are taking prescription medications, please refer to the Medication Changes handout for holding instructions. If you did not receive this handout, contact our office.
<p>1 Day 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"/> No solid foods and no alcohol. <input type="checkbox"/> You may drink higher protein options such as clear broth or clear protein drinks. <input type="checkbox"/> It is important to stay hydrated, so drink plenty of water or other clear protein drinks. <input type="checkbox"/> At 6:00 pm: <ul style="list-style-type: none"> ○ Mix 51 grams (3 capfuls) of MiraLAX Powder and at least 24 oz of Gatorade and drink the entire solution. <input type="checkbox"/> Continue clear liquids to stay hydrated.
<p>Procedure Day</p>	<p>Continue clear liquid diet from the time you wake up.</p> <ul style="list-style-type: none"> <input type="checkbox"/> 6 HOURS prior to your procedure: <ul style="list-style-type: none"> ○ Stop all use of cigarettes, e-cigarettes, chewing tobacco and marijuana. <input type="checkbox"/> 4 HOURS prior to your procedure: <ul style="list-style-type: none"> ○ NO DRINKING/NOTHING by mouth – including water, gum, hard candy/mints. ○ Having fluids in your stomach, even a lot of saliva, puts you at risk for vomiting and possibly inhaling fluids into your lungs while you are sedated. ○ 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). ○ For your safety, failure to follow this will result in your procedure being cancelled and rescheduled. NO EXCEPTIONS. <input type="checkbox"/> Have the following: <ul style="list-style-type: none"> ○ A ride home. To be confirmed at check-in. ○ Bring insurance cards and driver's license. Do not bring valuables.