

HERE'S HOW TO PREP

5 Days Before Your Procedure:

You may continue all prescription medications and/or supplements except for those listed OR modified below:

2 Days Before Your Procedure:

NO RED MEAT (e.g. NO beef, pork or venison). Chicken or fish is OK.

Stop eating seeds, popcorn, nuts, corn, whole grains, high fiber cereals and any fiber supplements (e.g. NO fiber pills, powders or wafers)

Properly hydrate by drinking more CLEAR LIQUIDS (see list)

Addtl Instructions: _____

- 8:00 PM** Drink 10-oz bottle of magnesium citrate
-or-
Mix 2 capfuls of MiraLAX in 16 ounces of liquid and drink over the next hour.

1 Day Before Your Procedure:

NO SOLID FOOD TODAY — CLEAR LIQUIDS ONLY
*** NO RED OR PURPLE PRODUCTS ***

3:00 PM Take 2 Dulcolax (bisacodyl) tablets with water.

5:00 PM Mix the entire 238-gram bottle (14 capfuls) of MiraLAX with 64 ounces of your chosen sports drink(s). Drink ½ of the solution (32 ounces) over the next hour. Store the remainder of the solution in the refrigerator. Drink at least 16-24 ounces of clear liquids throughout the rest of the evening.

- Take ½ dose of your regular evening diabetic medication(s).
-OR- Contact your PCP or endocrinologist for advisement.

With the exception of any blood thinners or diabetic medications already addressed, you may take your regular, evening medications.

If your arrival time is between 6 AM and 9 AM:

10:00 PM Finish drinking the rest of the prep solution over the next hour. You may continue to drink clear liquids until the time indicated below. See [option #1](#)

If your arrival time is scheduled after 9 AM:

See [option #2](#)

Your Procedure Day:

- Do not take any diabetic medication(s) this morning.
- OR - Contact your PCP or endocrinologist for advisement.
(With the exception of any blood thinners or diabetic medications already addressed, you may take any other necessary prescription medications with small sips of water.)

#1 If your arrival time is scheduled between 6-9 AM:

At _____ (two hours prior to your scheduled arrival time), **stop drinking clear liquids. Then nothing to drink or eat and no hard candy, cough drops or gum until after your procedure!**

#2 If your arrival time is scheduled after 9 AM:

At _____ (three hours prior to your scheduled arrival time), finish drinking the rest of the prep solution over the next hour, until the solution is gone. **Then nothing to drink or eat and no hard candy, cough drops or gum until after your procedure!**

Helpful Tips:

Stay home once you have started your prep. The use of moist wipes may help to lessen discomfort. A nonprescription hydrocortisone cream may also be soothing when applied to the rectal area after each bowel movement.

It is common during the prep to experience some nausea, bloating, and/or abdominal distention. If you chilled the prep solution, you could experience chills from consuming so much cold liquid in a short time. If you feel nauseated or vomit, slow down the rate at which you drink the solution. (Please attempt to drink all of the laxative solution even if it takes you longer.)

The end result of your prep should be a clear or yellowish liquid stool. (If there is any cloudiness to your liquid stool, your bowel prep is not complete.) Make note of the color of your last bowel movement, as the admitting nurse will ask you for this information upon your arrival. If you are not adequately prepped, you may receive an enema upon arrival for your procedure.

The morning of your procedure, no hard candy, cough drops or gum.

Please arrive promptly at your designated arrival time. *(Note: Upon arrival, a urine pregnancy test will be recommended for every woman of child-bearing age.)*

Clear Liquid Diet

No Red or Purple

Clear Broths or Bouillon



Clear Juices

Apple or White Grape
(NO pulp)



Black Coffee and Tea

NO dairy/creamer/sugar



Jello

Gelatin (NOT Pudding)



Popsicles

(NO milk or added fruit)



Powdered Drinks



Soda

(Diet or Regular)



Sports Drinks

Water/ Vitamin Water





Purchase the following items at your local pharmacy and/or grocery:

- Magnesium citrate

10-ounce bottle (1)



OR

- Dulcolax® laxative tablets (bisacodyl)

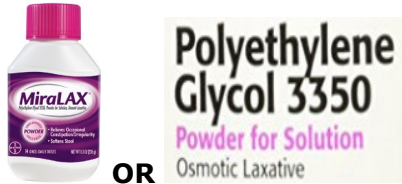
5-mg tablets (2)



OR

- MiraLAX® (polyethylene glycol 3350)

238-gram bottle (1)



OR

- 64 ounces** of a sports drink

NO RED OR PURPLE

- Gatorade® or Powerade®
- G2® or Powerade Zero™
- Propel® Electrolyte Water

