

HERE'S HOW TO PREP

7 DAYS BEFORE YOUR PROCEDURE: _____

Please purchase the **marked** items from your local pharmacy and/or grocery store:

- Magnesium Citrate **10-ounce bottle (1)**
- Dulcolax (bisacodyl) laxative tablets **5 mg tablets (4)**
- MiraLAX (ClearLAX, polyethylene glycol 3350)
 - 119-gram bottle (1)**
 - 238-gram bottle (1)**
 - 510-gram bottle (1)**
- Phillips' Milk of Magnesia (milk of magnesia) **360 mL/12 ounces**
- Sports Drink **64 ounces - NO RED OR PURPLE**

[Examples: Gatorade, Powerade, G2, Powerade Zero, Propel Electrolyte Water]

Additional Instructions: _____

5 DAYS BEFORE YOUR PROCEDURE: _____

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

- Decrease aspirin to 81 mg daily
- Hold iron supplement

2 DAYS BEFORE YOUR PROCEDURE: _____

No red meat (beef, pork, venison). Chicken, turkey, and fish are acceptable.

Stop eating seeds, popcorn, nuts, corn, whole grains, high fiber cereals and any fiber supplements including fiber pills, powders, or wafers.

Properly hydrate by drinking more CLEAR LIQUIDS (see list).

Additional Instructions: _____

8:00 PM Drink 10-ounce bottle of magnesium citrate
OR

Mix ____ packets/capfuls of MiraLAX (ClearLAX, polyethylene glycol 3350) in 16 ounces of liquid and drink over the next hour.

1 DAY BEFORE YOUR PROCEDURE: _____

NO SOLID FOOD TODAY - CLEAR LIQUIDS ONLY
NO ALCOHOL OR RED OR PURPLE PRODUCTS

3:00 PM Take Dulcolax (bisacodyl) 5 mg 2 tablets with water.

5:00 PM Mix the entire 238-gram bottle (14 capfuls) of MiraLAX (ClearLAX, polyethylene glycol 3350) with 64 ounces of your chosen sports drink(s). Drink $\frac{1}{2}$ of the solution (32 ounces) over 1 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.

Note (if you are diabetic):

- Take $\frac{1}{2}$ 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 tomorrow is between 6 AM and 9 AM:

10:00 PM Take Dulcolax (bisacodyl) 5 mg 2 tablets with water. 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 tomorrow is scheduled after 9 AM:
See option #2

YOUR PROCEDURE DAY: _____

Arrival time: _____ **AM/PM**

PLEASE REFRAIN FROM USING TOBACCO PRODUCTS TODAY

Note (if you are diabetic):

- 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 your regular morning medications with a sip of water.*

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

You may continue to drink clear liquids until _____ AM (3 hours prior to your scheduled arrival time). **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 _____ AM (4 hours prior to your scheduled arrival time), take Dulcolax (bisacodyl) 5 mg 2 tablets with water. Start drinking the rest of your prep solution. Finish over 1 hour. **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, No Alcohol

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