# IMPORTANT FOR YOUR OWN SAFETY

**INSTRUCTIONS MUST BE FOLLOWED OR YOUR PROCEDURE WILL BE RESCHEDULED!**

**ITEMS YOU WILL NEED TO PURCHASE:**

* **MiraLAX 510 gram bottle** (or generic equivalent) available over-the-counter at any pharmacy.
* **Two bottles of Magnesium Citrate 10 oz bottle** Available over-the-counter at any pharmacy.
* **Clear liquids** including broth and/or Gatorade (see list on back page).

**5 DAYS PRIOR TO YOUR PROCEDURE STOP THE FOLLOWING:**

* Oil Capsules & Iron Supplements (Ferrous Sulfate)

**HOLD BLOOD THINNING MEDICATION DAYS PRIOR TO YOUR PROCEDURE**

* After getting approval from prescribing physician discontinue all blood thinning medications (Aggrenox, Arixtra, Coumadin, Effient, Pradaxa, Warfarin, etc.)

**MEDICATIONS YOU ARE REQUIRED TO TAKE**

* Diabetes medication (oral or injection) - take one half the usual dose the day prior to procedure **Omit Diabetes medication day of procedure.**
* Heart, Blood Pressure, Seizure, Asthma medications must be taken 4 hours prior to your scheduled procedure time with a sip (less than 1 oz) of **clear liquid.**

# PROCEDURE PREP

**2 DAYS PRIOR TO YOUR PROCEDURE** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

##  CLEAR LIQUIDS Only (Breakfast, Lunch and Dinner) (See list on back) - NO FOOD

• At 6:00pm drink 10 oz. bottle of Magnesium Citrate (chill and drink with a straw)

**1 DAY PRIOR TO YOUR PROCEDURE** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## CLEAR LIQUIDS ONLY (BREAKFAST, LUNCH AND DINNER) - NO FOOD

\*Start **MiraLAX** Between 10:00am and 12:00 noon\*

**MiraLAX** - Mix one cap full of **MiraLAX** (powder) in 8 oz of **clear liquid** (see list on back). Please make sure to use cold Gatorade or warm broth at least every other dose. Repeat every 30-45 minutes until you have taken 18 doses of **MiraLAX**.

**Dulcolax** - Take 2 Dulcolax (bisacodyl) tablets (in attached envelope) with the 9th dose of **MiraLAX** and take the other 2 Dulcolax tablets (in attached envelope) with the 18th dose of

**MiraLAX**.

**\*After completing 18 doses of MiraLAX if your stool is not clear (slightly colored is okay but no fecal matter should be present), take 4 more doses of MiraLAX.**

**\*Drink one 10 oz bottle of Magnesium Citrate 5 hour prior to procedure.**

*Continue drinking approved clear liquids (see list) until 4 hours prior to procedure.*

* **NOTHING BY MOUTH 4 HOURS PRIOR TO PROCEDURE**
* **SOMEONE ELSE MUST BE AVAILABLE TO DRIVE YOU HOME**
* **PLEASE NOTIFY OUR OFFICE IF THERE HAS BEEN A CHANGE IN YOUR HEALTH OR MEDICATIONS SINCE SCHEDULING PROCEDURE**

Nothing by mouth after \_\_\_\_\_\_\_\_\_\_ day of exam.

 **OVER**

**APPROVED CLEAR LIQUIDS FOR 2 DAYS (NO ALCOHOL)**

* Fruit juices without pulp (apple, grape, cranberry, etc.)
* Coffee or Tea (without milk or non-dairy creamer.)
* Jell-O (No **RED** Jell-O)
* Clear broth or bouillon (beef or chicken.)
* Sport Drinks (Gatorade, Powerade, etc.)
* Kool-Aid
* Soft Drinks (all Pepsi & Coke products.)
* Popsicles
* Ensure **CLEAR**
* Water

**How do I know if my prep is working after drinking the second half? Look at your stool!**

* Your prep is working if the output is clear (able to see the bottom of the toilet bowl). The output may be yellow and clear like urine or a light orange and almost clear (no solid pieces).
* The prep may not be adequate and you should contact the office if the output is dark orange and somewhat clear or brown and murky (unable to see the bottom of the toilet bowl).
* Your procedure could be rescheduled or delayed if you are not prepped properly. If you are not sure that your prep is working, please call (541)779-8367.