

IMPORTANT FOR YOUR OWN SAFETY

INSTRUCTIONS MUST BE FOLLOWED OR YOUR PROCEDURE WILL BE RESCHEDULED!

ITEMS YOU WILL NEED:

- **MiraLax 510 gram bottle** (or generic equivalent) available over-the-counter at any pharmacy.
- **Dulcolax** (Bisacodyl) tablets in attached envelope
- **Full and Clear liquids** including broth and/or Gatorade (see list on back page).

MEDICATIONS AND FOOD YOU ARE REQUIRED TO HOLD:

- **Blood Thinning Medication:** Hold _____ days prior to your procedure.
After getting approval from prescribing physician discontinue all blood thinning medications (Aggrenox, Arixtra, Coumadin, Effient, Pradaxa, Warfarin, etc.)
- **Diabetes Medication:** Other than medications listed below, take one half the usual dose the day prior to procedure and omit day of procedure.
- **GLP-1 Medication (Diabetic/Weight Loss):**
 - Hold one day prior to procedure if on daily dosing.
 - Hold 7 days prior to procedure if on weekly dosing.If for diabetic management, may need to consult with your endocrinologist. (Trulicity, Byetta, Bydureon/Exenatide, Ozempic/Wegovy, Rybelsus/Semaglutide, Victoza, Saxenda, Adlyxin, etc.)
- **Oil Capsules, Iron Supplements (Ferrous Sulfate), Nuts, Seeds, and Corn:** Hold 5 days prior to your procedure.

MEDICATIONS YOU ARE REQUIRED TO TAKE:

- Heart, blood pressure, seizure, asthma medications must be taken 4 hours prior to your procedure with a sip (less than 1 oz) of clear liquid.

TWO DAYS PRIOR TO YOUR PROCEDURE: Full and Clear liquids only - NO SOLID FOOD

- At 6:00pm take 2 Dulcolax tablets

ONE DAY PRIOR TO YOUR PROCEDURE: Clear liquids only - no solid food

- At 5:00pm complete steps below
 1. Mix and drink one capful of Miralax in 8oz of clear liquid. Rotate with cold Gatorade or warm broth at least every other dose.
 2. Repeat every 15-30minutes until you have taken 9 doses.

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

ON THE MORNING OF YOUR PROCEDURE:

- 7 hours prior to your procedure complete steps below.
 1. Take 2 Dulcolax tablets
 2. Mix and drink one capful of Miralax in 8oz of clear liquid. Rotate with cold Gatorade or warm broth at least every other dose.
 3. Repeat every 15-30minutes until you have taken 9 doses.
- **SOMEONE ELSE MUST BE AVAILABLE TO DRIVE YOU HOME**
- **NOTIFY OUR OFFICE IF YOU HAVE ANY PENDING OR UPCOMING HEART TESTING OR THERE HAS BEEN A CHANGE IN YOUR HEALTH OR MEDICATIONS SINCE SCHEDULING YOUR PROCEDURE**

Nothing by mouth after _____ day of exam.
OVER

APPROVED FULL LIQUIDS – ONLY 2 DAYS PRIOR (NO ALCOHOL)

- Strained cream soups
- Milk
- Ice Cream / Milkshakes (vanilla or chocolate)
- Pudding
- Yogurt (without fruit)
- Instant Breakfast Drinks
- Protein / Nutritional Drinks (Ensure, Boost, Premier Protein, etc)

APPROVED CLEAR LIQUIDS (NO ALCOHOL)

Allowed up to 7 hour prior to procedure

- Clear Protein / Nutritional Drinks (Ensure Clear, Protein2o, Premier Protein Clear, etc)

Allowed up to 4 hour prior to procedure

- 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
- 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.