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
- **Magnesium Citrate 10 oz bottle** Available over-the-counter at any pharmacy
- **Clear liquids** including broth and/or Gatorade (see list on back of page)

5 DAYS PRIOR TO YOUR PROCEDURE STOP THE FOLLOWING:

- **Fish Oil & Iron Supplements (Ferrous Sulfate)**
- **AFTER GETTING APPROVAL FROM PRESCRIBING PHYSICIAN discontinue all blood thinning medication (Aggrenox, Arixtra, Brilinta, Coumadin, Effient, Plavix, Pradaxa, Warfarin, etc.)**

PROCEDURE PREP

2 DAYS PRIOR TO YOUR PROCEDURE _____

Full and Clear Liquids Only (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 _____

- **IF YOU TAKE DIABETES MEDICATION** (oral or injection) take **ONE-HALF** of the usual dose on this day

Clear Liquids Only- NO FOOD

1:00-5:00 PM

- Starting between **1:00-5:00** pm mix one cap full of **MiraLAX** powder in 8 oz of clear liquid (see back page) Please make sure to use cold Gatorade or warm Broth at least every other dose. Repeat every 30-45 minutes **12 times.** This will take 6-8 hours.
- **Take 2 Dulcolax** (bisacodyl) tablets (in attached envelope) with the 6th dose of **MiraLAX**
- **After completing 12 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**

Continue drinking approved clear liquids (see list on back)

DAY OF PROCEDURE: _____

Clear Liquids Only- NO FOOD

- Starting between **4:00-6:00** am drink one **12 oz. bottle of Mag Citrate**.
- **Prep must be completed by _____** (4hrs prior to procedure)
- **Hold diabetes medication until after your procedure.**
- **Take blood pressure, heart, seizure, asthma meds or any other meds no later than 4 hours prior to your procedure _____**
- **Someone else must be available to drive you home.**

Nothing by mouth after _____ day of exam.

OVER

APPROVED FULL LIQUIDS

- Strained cream soups
- Milk
- Ice Cream/Milkshakes (vanilla or chocolate)
- Pudding
- Yogurt (without fruit)
- Instant breakfast drinks
- Ensure

APPROVED CLEAR LIQUIDS

- Fruit juices without pulp (apple, grape, cranberry, etc.)
- Coffee or Tea (without milk or non-dairy creamer, sugar is okay.)
- 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

ALCOHOLIC BEVERAGES ARE DISCOURAGED!