

Procedure: _____

Date: _____ Arrival Time: _____

PLEASE READ INSTRUCTIONS ONE WEEK PRIOR TO PROCEDURE

1. One week prior to procedure stop taking fiber supplements and iron supplements.
2. You must have someone to drive you home after the procedure because you will be sedated. You will not be able to drive or go to work until the next morning. Cabs or other public transportation are not acceptable unless there is a responsible adult to accompany you. Your driver must check-in with you at the time of your arrival. **Your procedure may be cancelled if you arrive without acceptable transportation and we cannot verify your transportation arrangements.**
3. **Purchase at the Pharmacy:** (over the counter) 238 Gram bottle of Miralax, Dulcolax laxative tablets (4), and 64oz. Gatorade (Not Red) or Crystal Light (Not Red).
4. You will be asked to leave any electronic devices with your driver. For the privacy of other patients, electronic devices will not be allowed in the procedure area.

The Day Before the Procedure

The day before the procedure, you may have a light breakfast before 10am. (Example: eggs, lean protein) After breakfast begin a clear liquid diet (Example: apple juice, broth, popsicles, black coffee).

- At 3:00pm take 4 Dulcolax laxative tablets.
- At 5:00pm mix the 238 gram bottle of Miralax in 64 oz of Gatorade (Not Red) or Crystal Light (Not Red) Shake the solution until the Miralax is dissolved.
- Drink four 8 oz glasses (32 oz) one every 15 minutes until half the prep is gone. Continue with clear liquids until bed time.
- **Tomorrow you may have clear liquids only until 4 hours prior to your procedure but NO SOLID FOOD AFTER MIDNIGHT.**

(See step 2 in next column)

The Day of the Procedure

At _____ (5 hours prior to procedure), **begin drinking the remaining 32oz of Miralax. Complete in one hour.**

- **NOTHING by mouth after finishing the Miralax prep.**
- **No Solid Food.**
- Heart medications, seizure medications, and blood pressure medications should be taken on the day of your procedure with a sip of water.
- Please limit jewelry to rings only. No earrings or necklaces should be worn.