

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(Bisacodyl) laxative tablets (4), and 64oz Gatorade (Not Red) or Crystal Light (Not Red).
5. 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 Clear liquids only. (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 one 8 oz glasses (64oz) one every 15 minutes until the Miralax solution is finished. Continue with clear liquids until bed time.

You will be allowed NOTHING to eat or drink after midnight EXCEPT:

- **Blood pressure, Heart, or Seizure Medications taken with a sip of water.**

The Day of the Procedure

- **Nothing by mouth after midnight except:** 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.