

HERE'S HOW TO PREP

5 Days Before Your Procedure:

You may continue all prescription medications and/or supplements except for those listed OR modified below:

- Decrease aspirin to 81 mg daily
 Hold iron supplement

2 Days Before Your Procedure:

NO RED MEAT (e.g. NO beef, pork or venison). Chicken or fish is OK.

Stop eating seeds, popcorn, nuts, corn, whole grains, high fiber cereals and any fiber supplements (e.g. NO fiber pills, powders or wafers)

Properly hydrate by drinking more CLEAR LIQUIDS (see list)

Addtl Instructions: _____

- 8:00 PM** Drink 10-oz bottle of magnesium citrate
 -or-
 Mix capfuls of MiraLAX in 16 ounces of liquid and drink over the next hour.

1 Day Before Your Procedure:

You may eat a light breakfast, but NO RED MEAT or high fiber foods.

***** NO RED OR PURPLE PRODUCTS, NO ALCOHOL *****

9:00 AM Begin **CLEAR LIQUIDS ONLY. NO SOLID FOOD** until after your procedure.

If flavor packets are included, pour flavor pack of your choice into the bottle BEFORE adding water. Add lukewarm drinking water to top line on bottle. Cap the bottle and shake to dissolve the powder. Do not add anything else, such as additional flavoring, to the solution. Place solution in the refrigerator.

4:00 PM Begin drinking one 8-ounce glass of the solution every 10-15 minutes.

- Take Reglan (metoclopramide) as prescribed.

Finish drinking all the solution over the next 2-4 hours.

(For example: An 8-ounce glass every 10-15 minutes equals 2-4 hours.) You may continue to drink clear liquids until the time indicated below.

- Take ½ dose of your regular evening diabetic medication(s).
 - OR - Contact your PCP or endocrinologist for advisement.

With the exception of any blood thinners or diabetic medications already addressed, you may take your regular, evening medications.

Your Procedure Day:

Arrival Time:

- Do not take any diabetic medication(s) this morning.
 - OR - Contact your PCP or endocrinologist for advisement.

(With the exception of any blood thinners or diabetic medications already addressed, you may take any other necessary prescription medications with small sips of water.)

At _____ (two hours prior to your scheduled arrival time), **stop drinking clear liquids. Then nothing to drink or eat and no hard candy, cough drops or gum until after your procedure.** Anesthesia guidelines for clear liquids is no more than 4 ounces of liquid 2 hours prior to arrival time.

Helpful Tips:

Stay home once you have started your prep. The use of moist wipes may help to lessen discomfort. A nonprescription hydrocortisone cream may also be soothing when applied to the rectal area after each bowel movement.

It is common during the prep to experience some nausea, bloating, and/or abdominal distention. If you chilled the prep solution, you could experience chills from consuming so much cold liquid in a short time. If you feel nauseated or vomit, slow down the rate at which you drink the solution. (Please attempt to drink all of the laxative solution even if it takes you longer.)

The end result of your prep should be a clear or yellowish liquid stool. (If there is any cloudiness to your liquid stool, your bowel prep is not complete.) Make note of the color of your last bowel movement, as the admitting nurse will ask you for this information upon your arrival. If you are not adequately prepped, you may receive an enema upon arrival for your procedure.

The morning of your procedure, no hard candy, cough drops or gum.

Please arrive promptly at your designated arrival time. *(Note: Upon arrival, a urine pregnancy test will be recommended for every woman of child-bearing age.)*

Clear Liquid Diet

No Red or Purple, No Alcohol

Clear Broths or Bouillon



Clear Juices

Apple or White Grape
(NO pulp)



Black Coffee and Tea

NO dairy/creamer/sugar



Jello

Gelatin (NOT Pudding)



Popsicles

(NO milk or added fruit)



Powdered Drinks



Soda

(Diet or Regular)



Sports Drinks

Water/ Vitamin Water

