

**Procedure Date:** \_\_\_\_\_ **Arrival time:** \_\_\_\_\_

**SEVEN days before your procedure**

If you take **insulin or blood thinners** contact your provider for specific medicine instructions.  
Confirm your procedure date and arrival time. Eat your regular diet. Stop taking Fish oil supplements.

**FIVE days before your procedure**

**STOP** eating foods that are high in fiber like beans, raw fruits and vegetables, nuts and seeds.  
**STOP** taking fiber supplements like Metamucil, Citrucel, and Fibrall.

**Purchase your prep items:**

- One (1) bottle of Miralax® powder - 17.9 ounces
- Four (4) 125 mg non-coated Simethicone tablets
- Two (2) - 5 mg Bisacodyl tablets
- Three (3) 28-ounce bottles of low-sugar sports drinks.
- Additional Clear Fluids – see list

**THREE days before your procedure**

- Continue your low fiber diet. Avoid eating foods with nuts and seeds.
- Drink at least one 8-ounce glass of water or clear fluid every hour while awake.

**TWO days before your procedure**

- Continue a low-fiber diet. Avoid eating foods with nuts and seeds.
- Drink at least one 8-ounce glass of water or clear fluid every hour while awake.
- Confirm your procedure arrival time with your driver.

**6:00 pm:**

- Take two (2) Bisacodyl tablets with a glass of water. Continue drinking clear fluids while awake.

**ONE day before your procedure**

**Do not eat any solid food today! Drink the prep solution and clear fluids.**

**8:00 am:** Mix the prep solution:

1. Add seven (7) capfuls of Miralax powder into one (1) 28-ounce bottle of sports drink.
2. Add seven (7) capfuls of Miralax powder to the second 28-ounce bottle of sports drink.
3. Shake both bottles well and place the bottles into the refrigerator.

**5:00 p.m:** Take one (1) bottle of the prep solution out of the refrigerator and shake well. Drink one (1) glass of the solution every 10 minutes until it is gone. Continue drinking fluids.

**6:00 p.m:** Take two (2) Simethicone tablets with a glass of water.

**7:00 p.m:** Repeat the steps and drink the second bottle of the prep solution. Prepare two more bottles of prep solution for tomorrow.

**Day of your procedure**

**Drink only the prep solution and water today!**

1. Five (5) hours before your scheduled procedure, remove the third bottle of the prep solution from the refrigerator. Shake the bottle well. Drink one (1) glass of the solution every 10 minutes until the bottle is empty.
2. Four (4) hours before your procedure, take two (2) Simethicone tablets and any AM medicines with a glass of water. **STOP** drinking ALL fluids four (4) hours before your procedure time.

Two (2) hours before your procedure, your bowel movements should look like green or yellow water. If you still have brown or solid stool, call and talk to a nurse (919) 684-6437.

**\*Clear Liquid Diet Details: Do NOT drink anything that is RED or PURPLE in color. NO DAIRY.**

**Approved Clear Fluids:**

Clear sodas, black or green tea  
Clear juices, fitness waters  
Popsicles without pulp  
Chicken, vegetable and beef broth  
Gelatin, Italian Ice, Sports Drinks

**Avoid ALL of these fluids:**

No milk/dairy  
No juices with pulp  
Nothing that is **RED or PURPLE in color**  
Mello-Yellow and Mountain Dew sodas have caffeine



**After your second dose of preparation, your stool results should be clear yellow or green**

