

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 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 – 26.9 ounces
- Four (4) 125 mg non-coated Simethicone tablets
- Two (2) - 5 mg Bisacodyl tablets
- Five (5) - 28-ounce bottles of low-sugar sports drinks
- Additional Clear Fluids – see list

TWO days 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 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 refrigerate.

12:00 pm (noon): Take two (2) Dulcolax tablets with a large glass of water.

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.

7:00 p.m.: Repeat the steps and drink the second bottle of the prep solution. Prepare your prep solution for tomorrow.

ONE day before your procedure

Do not eat any solid food today! Only drink the prep solution and clear fluids.

8:00 am: Drink one glass of clear fluid every hour.

5:00 p.m.: Take the third 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. Continue to drink clear fluids while awake.

7:00 p.m.: Repeat the steps and drink the fourth bottle of the prep solution. Prepare one more bottle of prep solution for tomorrow.

Procedure Day

Drink only the prep solution and water today!

1. Five (5) hours before your scheduled procedure, remove the fifth 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, 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

