

PREPARATION FOR PROCEDURE

Stop taking aspirin and medications containing blood thinners, Ibuprofen, Aleve, Motrin for **ONE WEEK PRIOR** to your procedure. **TYLENOL IS OKAY TO TAKE.**

If you are diabetic, have an artificial heart valve or pacemaker- CALL YOUR PRIMARY CARE PHYSICIAN.

YOU NEED TO PURCHASE THE FOLLOWING ITEMS:

- 4 Dulcolax Laxative Tablets
- 238gram bottle of Miralax
- 64oz. bottle of CLEAR LIQUID for ex:

(VITAMIN WATER, SMART WATER, COCONUT WATER, ELECTROLYTE WATER)

**** NO RED, ORANGE, OR PURPLE COLORS****

1 Day Prior to Procedure

Begin a clear liquid diet as soon as you wake up

At 3:00 p.m. stay home and take 2 Dulcolax tablets

At 4:00 p.m. mix the entire bottle of MIRALAX with the 64oz. of clear liquid

Shake until MIRALAX is dissolved

Drink 8oz. glass every 10-15 minutes until the solution is gone.

At 7 p.m. take the last 2 Dulcolax tablets

Continue to drink clear fluids until bedtime/midnight

**** Make sure you are running completely clear no more bowels, if not go ahead and take 2 more Dulcolax tablets ****

DO NOT TAKE ANYTHING BY MOUTH AFTER MIDNIGHT OR THE DAY OF PROCEDURE NOT EVEN WATER

DO TAKE your regular medications like blood pressure, and heart medications with a sip of water