The following instructions are your Doctor’s specific directions. Please follow the directions carefully.

**5 DAYS BEFORE THE PROCEDURE**
Stop taking Coumadin, Plavix, Iron as directed by your Primary Care Doctor, Cardiologist or Gastroenterologist.

**3 DAYS BEFORE THE PROCEDURE**
Stop fiber supplements such as Metamucil, Fibercon, etc.

**THE DAY BEFORE THE PROCEDURE**
You may have a light breakfast **BEFORE 9:00 AM**. You may have **ONE** of the following items; Toast **OR** Eggs **OR** Cereal

**AFTER A LIGHT BREAKFAST YOU MAY HAVE NO SOLID FOODS. UNTIL YOUR EXAM YOU MUST BE ON A CLEAR LIQUID DIET. NO SOLID FOODS OR DAIRY PRODUCTS ALLOWED.**

A clear liquid diet is necessary for a colonoscopy. A complete cleansing of the entire bowel is essential for effective results, so that there will be no need for retesting.

**Your Clear Liquid diet options for the day before your procedure:**

<table>
<thead>
<tr>
<th>Tea and Coffee</th>
<th>Clear Juices</th>
<th>Powdered Lemonade</th>
<th>Water/Vitamin Water</th>
<th>Carbonated Beverages</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Such as apple or white grape juice</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>NO DAIRY</strong></td>
<td><strong>NO PULP</strong></td>
<td><strong>NO PULP</strong></td>
<td><strong>NO RED, ORANGE OR PURPLE</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sports Drinks</th>
<th>Popsicles</th>
<th>Jell-O</th>
<th>Broths/Coconut Water</th>
<th>Honey/Sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>WITHOUT MILK OR ADDED FRUIT</strong></td>
<td><strong>NO RED, ORANGE OR PURPLE</strong></td>
<td><strong>NO RED, ORANGE OR PURPLE</strong></td>
<td></td>
</tr>
</tbody>
</table>

**Without milk or added fruit**
### PM MIRALAX/PROPEL WATER PREPARATION INSTRUCTIONS

It is very important to keep hydrated. Drink plenty of clear liquids while doing the prep (at least 8 ounces every hour)

| TIME | 1:00 PM the day before your procedure  
Pour the 64 oz. of Propel into a pitcher and chill in the refrigerator. |
|------|-----------------------------------------------------------------------------------|
| **1** | **TIME**  
3:00 PM the day before your procedure  
Take four Dulcolax (Bisacodyl) tablets with at least 8 oz. of water.  
*Total Dulcolax tablets consumed is four. Dispose of remainder.* |
| **2** | **TIME**  
5:00 PM the day before your procedure  
Mix the ENTIRE bottle of Miralax (PEG 3350) with 64 oz. of chilled Propel. |
| **3** | **TIME**  
5:00 PM the day before your procedure  
Begin drinking, and drink HALF OF THE MIXTURE (32 oz.) Drink an 8 oz. glass of the solution every 15 minutes until gone.  
Drink an additional 16 oz. of CLEAR liquids through the rest of the evening. |
| **4** | **TIME**  
5:00 PM the day before your procedure  
|  

Diarrhea usually begins within an hour or two, but may vary. You may notice some bloating or cramping at the beginning, but this will improve once the diarrhea begins. Diarrhea usually continues for 1-2 hours after completing the Miralax. Stay close to a bathroom once you start the prep. You may use non-alcohol wipes to cleanse after each bowel movement, and a barrier cream such as A & D ointment® for chaffing.
PM MIRALAX/PROPEL WATER PREPARATION INSTRUCTIONS

THE MORNING OF THE PROCEDURE

TIME
6:00 AM the day of your procedure
Drink the OTHER HALF OF THE MIXTURE (32 oz.)
Drink an 8 oz. glass of the solution every 15 minutes until gone.

After completing the last half of the mixture, you may HAVE NO MORE than an additional 6 OZ. OF CLEAR LIQUIDS until the two hours prior to your scheduled procedure.

THE DAY OF THE PROCEDURE

NOTHING BY MOUTH two hour prior to your procedure, this includes gum and mints.
- You should take any blood pressure and heart medications the morning of the procedure with only a small sip of water.
- You may brush your teeth.
- Please don’t forget to bring your completed paper work, insurance cards, copayment or any deductible due at time of service.

YOU MUST BE ACCOMPANIED BY A FRIEND OR RELATIVE TO DRIVE YOU HOME. THEY MUST CHECK IN WITH YOU. YOU MAY NOT DRIVE, OR GO HOME BY TAXI OR BUS. IF YOU DO NOT HAVE A DRIVER, YOUR PROCEDURE MAY BE CANCELLED.