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Date: _____

Location: _____

****It is very important that you follow these instructions when prepping for you colonoscopy/surgery or your procedure may be rescheduled. ****

It is very important that any and all blood thinners such as Aspirin, Aspirin containing products, Plavix are stopped 7 days prior, Coumadin and Warfarin are stopped 3-5 days prior and Eliquis, Savaysa, Xarelto and Pradaxa are stopped 3 days prior to your colonoscopy/surgery. Please check with the physician who prescribed these medications before stopping. If you take Adlyxin, Bydureon, Byetta, Mounjaro, Ozempic, Rybelsus, Saxenda, Trulicity, Victoza and Wegovy they need to be stopped 3 days prior if taken daily, and it must be stopped 2 weeks prior if taken weekly, Also, if you take multi-vitamins, herbal supplements, Vitamin E, Fish oil or dietary products they need to be stopped 7 days prior. **If these medications are not stopped, your procedure will need to be rescheduled.**

Do not stop any high blood pressure medications, only take 1/3 of your diabetic medication the day before your procedure. Do not take any medications besides blood pressure the morning of your procedure.

Three days before your procedure you will need to stopped eating high fiber foods such as popcorn, beans, seeds (flax, sunflower and quinoa) multigrain bread, nuts, salad, vegetables and fresh or dried fruit.

The day before your colonoscopy/surgery _____

****You may only have clear liquids and clear liquids only the day prior to your colonoscopy/surgery****

Some examples of clear liquids are: water, apple juice (not apple cider), white grape juice, coffee, tea, (sweeteners are okay, no milk) Jell-O, popsicles, Gatorade, Crystal Light, Kool-Aid, Sprite, 7-Up, Vernors and Ginger Ale. (Nothing Red, Blue or Purple) Soup broths like chicken or beef without meat, rice, noodles or vegetables. **You may not have any solid food, milk or milk products the whole day prior to your procedure.**

You will need to purchase **4 Dulcolax tablets (laxative not softeners) 238 grams of Miralax powder and 1 bottle of citrate of magnesium** (available over the counter)

1. Take 4 Dulcolax tablets in the morning when you get up.
2. Between 2pm and 5pm mix the 238g of Miralax powder with 64oz of clear liquid and drink 8oz every 15 minutes until gone.
3. If stools are not running clear a couple hours after you have finished the Miralax prep you will need to drink 1 bottle of Citrate of Magnesium.

Clear liquids must be stopped by 10pm and nothing by mouth the day of your exam

You will be sedated and will need a driver to and from the facility

If you need to cancel this procedure please call our office 7 days in advance or you may be charged a \$45 cancelation fee