

Preparing For Your Examination

- A responsible adult (18+) must be available to drive you home. You may take a taxi, rideshare service, or medical transport company only if a responsible adult will accompany you.
- Bring your insurance card and identification.
- Bring form of payment if payment is due.
- Inhalers if needed before or afterwards.

Medications

Unless directed otherwise by your doctor, please hold these medications for the following amount of days:

5 days: Coumadin (warfarin), Plavix (clopidogrel), Brilinta (ticagrelor), Effient (prasugrel).

3 days: Aspirin**, Eliquis (apixaban), Pradaxa (dabigatran), Xarelto (rivaroxaban).

Day of/before: Oral diabetes medications morning of procedure. Lovenox (enoxaparin) injection day before.

**It is okay to continue your aspirin if you take it for heart disease, prior stroke, or blood vessel disease.

MIRALAX

3 Days Before Your Examination

- Stop any iron tablets, fiber supplements, raw vegetables or fruits, and seeds or nuts.
- Confirm your ride or transportation home.
- Purchase 238 grams of MiraLAX (8.3 oz. bottle) and Bisacodyl (Dulcolax) 5mg tablets (2 tabs), and 64 oz. of a sports drink (not red or purple).

The Day Before Your Examination

- You can have a light breakfast, at least 24 hours prior to your procedure time, of eggs and toast (without seeds) or yogurt. You should not have any sausage, fruits, vegetable, nuts, or seeds.
- Drink at least 8 glasses of water. Mix all of the MiraLAX into the sports drink and refrigerate.
- The rest of the day (until midnight), you should be on a CLEAR liquid diet. Examples include: clear broth (chicken/beef), apple juice, coffee/tea without milk/creamer, sprite, gelatin (JELL-O), or hard candy. NO RED/PURPLE foods.
- At 12 PM, take 2 tablets of Dulcolax (Bisacodyl).

Dose/Time #1 (our office will tell you this time during the pre-procedure telephone call)

- Drink 1 cup (8 ounces) of bowel prep every 15 minutes until half the solution is gone. Keep the other half in the refrigerator.
- If you vomit, wait 45 minutes, then restart drinking 6 ounces of preparation every 15 minutes until half the solution is gone.



- Try to drink the dose quickly.
- Use hard candy to take the taste away.
- Keep the solution cold or on ice.
- Try drinking with a straw.

Dose/Time #2 (our office will tell you this time during the pre-procedure telephone call)

- Drink the rest of the bowel prep similar to above. Stop drinking all liquids at least 4 hours prior to you exam or it may be canceled.
- Take any morning medications unless directed otherwise with a small sip of water at least 4 hours prior to your arrival.