

Date of appointment: _____

Please allow a 72-hour notice to cancel or reschedule this appointment / 770-277-4277

***Arrival Time:** _____ **Procedure Time:** _____

Facility Name & Address: _____

Scheduling Coordinator: _____

No Fiber supplements, Vitamins, Iron, Vitamin E, Aspirin or blood thinners one (1) week before exam.

Bowel Prep Instructions:

- **Purchase the following items:**

- 4 Dulcolax laxative (or generic Bisacodyl) 5mg Tablets
- 64 oz bottle of PowerAde or Gatorade Beverage
- 238 gram bottle of Miralax (powdered laxative)

- **One (1) Day Before Exam: Clear liquid diet all day.**

- Diabetics Patents Only: Take only a half dose of your diabetic medication the day before your procedure; and NO diabetic medication the day of your procedure.
- Clear liquids may include water, apple juice, tea, white grape juice, Sprite, 7-Up, Ginger Ale, lemon-lime, lemonade, chicken broth, Jell-o

3 p.m.: Take 2 Dulcolax tablets

5 p.m.:

- Take final 2 Dulcolax tablets
- Mix bottle of Miralax with the 64oz. bottle of Gatorade or PowerAde.
- Drink an 8oz. glass every 15 – 20 minutes until GONE. Do not drink all at once, may cause cramping.

Midnight/12 a.m.: *NO food or drink after midnight/12 a.m.*

- **Day of Exam: If you are still passing any stool, take a plain Fleet enema and repeat if necessary.**

- **Checklist for exam:**

- Have a driver to drive you home
- Bring photo ID
- Bring insurance card

If you have any questions regarding these PREP instructions, call our office at **770-277-4277** and speak with your doctor's nurse.