ONE WEEK BEFORE THE PROCEDURE

• Arrange for a driver.
• Stop taking IRON, CHARCOAL, and PEPTO BISMOL.
• If you take blood thinners, contact your prescribing doctor for instructions on dosing management.

THREE DAYS BEFORE THE PROCEDURE

• Go to the pharmacy and grocery store to pick up (no prescriptions are needed):
  — MIRALAX (or generic polyethylene glycol 3350) — one 238 gram bottle
  — GATORADE OR PROPEL — two 32 oz. bottles
    ▪ Any flavor is fine, just not red or purple in color.
    ▪ If you have diabetes, you may use sugar-free Gatorade.
  — DULCOLAX (bisacodyl) laxative tablets (not the stool softener or suppository version) — you will need 3 tablets
  — Clear liquids and low residue foods for the days before the procedure
    ▪ Baby wipes with aloe and/or diaper rash cream
• Stop eating any high residue foods (ex. popcorn, seeds, nuts, raw fruits and vegetables) — nothing that can crunch in your mouth!

DAY BEFORE THE PROCEDURE

• Mix ½ of the Miralax 238 gram bottle into EACH 32 oz. Gatorade or Propel bottle until dissolved and keep cold in the refrigerator.
• BREAKFAST = you may have white food with close to zero fiber (ex. cheese, egg, white bread) before 10 a.m..
• LUNCH AND DINNER = you may have clear liquids only (ex. broth, jello, juice, soda, popsicles) after 10 a.m.. No red or purple liquids!
• 5:00 P.M. = take 3 tablets of Dulcolax laxative pill with water by mouth.
• 7:00 P.M. = start drinking one of the 32 oz. Miralax/Sports Drink mixtures.
  ▪ Drink one 8 oz. glass every 15-20 minutes until completed.
• Evening = drink at least 8 oz. of fluid each hour you are awake.

MORNING OF YOUR PROCEDURE

• 4 hours before you plan on leaving for your procedure:
  ▪ Start drinking the second 32 oz. Miralax/Sports Drink mixture.
  ▪ Drink one 8 oz. glass every 15 minutes until completed.
    ▪ You MUST FINISH the final glass of clear liquid AT LEAST THREE HOURS BEFORE YOUR PROCEDURE!
• 3 hours before your scheduled procedure time:
  ▪ Absolutely nothing more to eat or drink!
• 40 minutes before your scheduled procedure time:
  ▪ Check in at 40 Skokie Boulevard in Northbrook, Suite 110.

IF YOU HAVE ANY FURTHER QUESTIONS OR NEED MORE DETAILS, PLEASE REFERENCE THE “LONG STORY”.

COMPREHENSIVE GASTROINTESTINAL HEALTH