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.
• Go to the pharmacy and grocery store to pick up:
  — Preparation solution
  — Miralax OTC or generic polyethylene glycol 3350 (one 238 gram bottle)
  — Clear liquids and low residue foods for the days before the procedure
  — Baby wipes with aloe and/or diaper rash cream
• Begin taking Miralax 1 capful mixed in 8 oz. of fluid twice daily during the week prior to the procedure.

THREE DAYS BEFORE THE PROCEDURE

• 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

• BREAKFAST = you may have white food with close to zero fiber (ex. cheese, egg, vanilla yogurt, white bread, chicken) 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!
• 6:00 P.M.
  — Fill the dosing cup with cold water up to the lower line (5 oz.).
  — Pour in the contents of the first packet.
  — Stir for 3 minutes until the powder is dissolved.
  — Drink the entire solution.
  — Then drink at least 40 oz. of additional clear liquids within the next 5 hours.

MORNING OF YOUR PROCEDURE

• 4 hours before you plan on leaving for your procedure:
  — Fill the dosing cup with cold water up to the lower line (5 oz.).
  — Pour in the contents of the second packet.
  — Stir for 3 minutes until the powder is dissolved.
  — Drink the entire solution.
  — Then drink at least 24 oz. of additional clear liquids within the next 2 hours.
    • 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”.