



These instructions are intended to make sure that your procedure goes as smoothly as possible. Please read through the entirety of this preparation sheet at least 5 days before your procedure and follow the instructions carefully. If your colon is not completely empty and clean, your doctor may miss important findings and your procedure may have to be repeated.



PROCEDURE DATE AND TIME:	QUESTIONS	LOCATION OF PROCEDURE
<p>_____</p> <p><b>ARRIVAL time is:</b> _____</p>	<p><input type="checkbox"/> McAuley Office 405-749-4247</p> <p><input type="checkbox"/> IBD - McAuley Office 405-752-3900</p> <p><input type="checkbox"/> Edmond Office 405-340-4937</p>	<p><input type="checkbox"/> Mercy Hospital Admitting 4300 W. Memorial Rd.   OKC, OK 73120</p> <p><input type="checkbox"/> Mercy Outpatient Surgery Center - Edmond I-35 North Building, North Entrance 2017 W. I-35 Frontage Rd.   Edmond, OK 73013</p>

## IMPORTANT REMINDERS:

1. You MUST bring someone 18 years or older to stay during the procedure and to drive you home. Otherwise, the procedure will not be done.
2. Stop taking iron supplements and diet pills 5 days before your procedure.
3. **AVOID ALL NUTS, CORN, POPCORN, SEEDS OR ANYTHING THAT HAS A HUSK FOR FIVE DAYS PRIOR TO PROCEDURE**
4. **AVOID ALEVE, IBUPROFEN AND ANY OTHER ANTI-INFLAMMATORY FOR FIVE DAYS BEFORE YOUR PROCEDURE. TYLENOL IS OKAY.**
5. **Medications:**
  - Take all your medications as usual (including blood pressure meds) the day before and the day of your procedure except for the following:
  - For Diabetics:
    - If you are on insulin, take only half of your morning dose the day of your procedure
    - Do not take diabetes pills the morning of your procedure.
  - **IF YOU ARE TAKING BLOOD THINNERS SUCH AS PLAVIX, WARFARIN, ELIQUIS, XARELTO, ETC, PLEASE CONTACT OUR OFFICE FOR DIRECTION ON HOW LONG TO HOLD BEFORE PROCEDURE. YOU DO NOT NEED TO STOP LOW DOSE ASPIRIN (325 MG AND LESS).**



DARK AND MURKY  
**NOT OK**



BROWN AND MURKY  
**NOT OK**



DARK ORANGE AND SEMI-CLEAR  
**NOT OK**



LIGHT ORANGE AND MOSTLY CLEAR  
**ALMOST THERE!**



YELLOW AND CLEAR, LIKE URINE  
**YOU'RE READY!**

Expected Stool Color  
Changes During Bowel  
Preparation

**You will need to purchase:**

1. One 32-oz bottle of Gatorade and one 8 oz. bottle of Miralax. It is available over the counter. (Do NOT buy RED Gatorade)
2. Fleet Enema. It is available over the counter.

**Start a clear liquid diet morning of:** \_\_\_\_\_

**Remain on clear liquid diet until time of NOTHING BY MOUTH listed below**

**ABSOLUTELY NO SOLID FOOD!**

**\*\*NO DAIRY PRODUCTS\*\* \*\* NO RED OR PURPLE\*\* NO ALCOHOLIC BEVERAGES.**

Please see the list below regarding what liquids are allowed:

- Water, clear sparkling water, sprite, 7-up, Ginger Ale, Mountain Dew, Fresca, Club soda
- Powered or bottled sports drinks: Crystal light, Gatorade, Powerade (NO RED OR PURPLE)
- Clear Juices (NO PULP): Apple, white grape, lemonade
- Popsicles, Jell-o, Hard Candies – NO RED OR PURPLE
- Clear broth or bouillon (chicken or beef)
- Coffee and tea (NO MILK OR CREAMER OF ANY KIND)

**The day before your procedure on:** \_\_\_\_\_

- Mix 1/2 of MiraLAX bottle (8 oz.) in 32-ounce Gatorade bottle until dissolved. Keep cool in the refrigerator. DO NOT ADD ICE.
- **At 6:00 p.m.** Take the mixed solution of Gatorade and Miralax by drinking an 8-ounce glass every 15 minutes for a total of four glasses.
- Fifteen minutes later, drink an 8-ounce glass of clear liquid every 15 minutes for a total of two glasses.

**1-2 hours before your procedure on:** \_\_\_\_\_

- Give yourself one fleet enema

**NOTHING BY MOUTH STARTING AT:**

**FOUR HOURS BEFORE PROCEDURE TIME**

**(Absolutely nothing by mouth – including gum, hard candy, tobacco, water)**