

If you currently take Warfarin (Coumadin) rivaroxaban (Xarelto) apixaban (Eliquis), clopidogrel (Plavix) or other blood thinners (excluding Aspirin 81mg) you should have received instructions regarding when to discontinue the medication if necessary. If you have not, or do not clearly understand the instructions, please call the office as soon as possible for clarification. Hold thinner for _____ days.

7 DAYS PRIOR:

Stop fiber supplements, multivitamin, fish oil, iron supplements and avoid eating nuts & seeds.

Stop Adipex/Phentermine, Naltrexone/Bupropion (Contrave), and Aspirin 325mg.

ONE DAY PRIOR:

If you take diabetic medications (insulin/oral medication)-reduce the amount by 1/2 the day before your procedure and hold the medication on the morning of procedure. You may resume your medications once you begin to eat again.

Do not eat any SOLID FOOD, beginning with breakfast drink clear liquids only.

ALLOWED:

Soda pop	Club soda	Water	Coffee
Ginger ale	Tea	Juice (pulp free)	Honey
Clear sports drinks	Hard candy	Broth	Jell-O
Popsicles			

NOT ALLOWED:

Alcohol (it's dehydrating)	Meat	Breads	Grains	Rice
Milk or other dairy	Vegetables	Fruits	Cereal	Chunky soups

NOTHING RED OR PURPLE IN COLOR**Bowel Cleansing Prep:**

1. **3:00 pm-** (the day prior)-Take two 5mg Dulcolax/bisacodyl tablets with a full glass of water.
2. **5:00 pm-**Mix half of a 238-gram (8oz) bottle of MiraLAX into a 64 oz bottle of **Gatorade Zero**. Shake until dissolved. Drink 8oz every 15 minutes until complete.

YOU MUST DRINK 8OZ OF LIQUIDS EVERY HOUR TO AVOID DEHYDRATION AND TO HELP ENSURE YOU ARE CLEANED OUT ENOUGH TO AVOID A 2 DAY PREP

Day of Procedure:

1. _____ add the other half of the MiraLAX into 32 oz. of Gatorade Zero & drink 8oz every 15 minutes until complete.
2. Take your Blood Pressure, Heart, Seizure, Thyroid, Pain or Anxiety medications the morning of the procedure with a sip of water. (If you usually take them in the morning.)
3. Bring your prescription inhalers with you.