**OVER THE COUNTER PREP INSTRUCTIONS:**

**The day before your procedure start drinking clear liquids first thing in the morning.**

Purchase at the pharmacy/grocery store:

\*1 bottle of Gatorade (64 ounces), or 1 box of Crystal Light packets (recommended for diabetics)

\*1 bottle of MiraLax, (238 gm)

\*1 bottle of Magnesium citrate, (10 ounces)

\*Dulcolax (bisacodyl) 5 mg tablets

|  |  |
| --- | --- |
| **If your procedure is BEFORE 12PM (noon)** | **If your procedure is AFTER 12PM (noon)** |
| 1. At 5:00PM- take 3 Dulcolax tablets with at least 8 ounces of water | 1. At 5:00PM- take 3 Dulcolax tablets with at least 8 ounces of water |
| 2. At 5:30PM, drink 1 (one) bottle of Magnesium Citrate | 2. At 5:30PM, drink 1 (one) bottle of Magnesium Citrate |
| 3. At 6:00PM, mix the entire bottle of MiraLax with the bottle of Gatorade or \* if you are diabetic, a pitcher of Crystal light.  Shake/stir the solution until the powder is dissolved.  Drink 8 ounces every 10-15 minutes until ½ of the solution is gone. (Drinking with a straw helps). | 3. At 6:00PM, mix the entire bottle of MiraLax with the bottle of Gatorade or \* if you are diabetic, a pitcher of Crystal light.  Shake/stir the solution until the powder is dissolved.  Drink 8 ounces every 10-15 minutes until ½ of the solution is gone. (Drinking with a straw helps). |
| 4. At 1:00AM- continue to drink 8 ounces of the MiraLax solution every 10-15 minutes until the rest of the solution is gone. | 4. At 6:30AM- the morning of the procedure, continue to drink 8 ounces of the MiraLax solution every 10-15 minutes until the rest of the solution is gone. |

**DRINK AS MUCH CLEAR LIQUID AS YOU ARE ABLE TO TOLERATE, ALL DAY!**

**DRINK. DRINK. DRINK**

**STOP drinking at least 3 hours prior to arrival time**.

**\*\*Please allow a 5-business day notice for cancellation or there will be a $200 fee.**