

Two Day Prep

Supplies Needed

- 1 bottle of Magnesium Citrate
- 2 Dicolax (Bisacodyl) 5mg tablets (available at the pharmacy over-the counter)
- Miralax (polyethylene glycol) A full 8.3 oz bottle of Miralax (polyethylene glycol) = 238 grams. (available at the pharmacy over-the-counter)
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- 128 ounces (1 gallon) of a clear liquid (any color except red or purple) (Gatorade, unsweetened ice tea or water)

5 Days Before Your Procedure

- Read all prep instructions
- Contact your prescribing physician for instructions on blood thinners
- Stop herbal, oil-based vitamins and iron supplements
- Stop all fiber supplements such as Metamucil (psyllium), Citrucel (methylcellulose), Fibercon (polycarbophil), Benefiber (Wheat Dextrin), and Konsyl (psyllium hydrophilic mucilloid).
- Stop all medications that stop diarrhea such as Imodium (loperamide), Kaopectate (bismuth subsalicylate), and Pepto Bismol (bismuth subsalicylate).

2 Days Before the Procedure

- **DO NOT** eat any solid food.
- Drink **clear liquids only** (Not red or purple) for breakfast, lunch, and dinner.
 - Water (plain, carbonated, or flavored)
 - Fruit juices without pulp, such as apple or white grape juice
 - Fruit flavored beverages, such as fruit punch or lemonade
 - Carbonated drinks, including dark sodas (cola and root beer)
 - Gelatin (not red or purple)
 - Tea or coffee without milk or cream
 - Sports drinks (no red or purple)
 - Clear, **fat-free** broth (bouillon or consommé)

- Honey or sugar
- Hard candy, such as lemon drops or peppermint rounds
- Ice pops without milk, bits of fruit, seeds or nuts
- Drink at least 8 ounces of clear liquid every hour while awake.
- **At 6pm**, 2 days before your procedure, drink 1 bottle of Magnesium Citrate.

Day Before the Procedure

- **DO NOT** eat any solid food.
- Drink **clear liquids only** for breakfast, lunch, and dinner.
- **At 12pm (Noon)**, take both Dulcolax tablets with water.
- Mix and stir the entire bottle of Miralax with the 128 ounces of clear liquid you purchased above. You may need to do this in a separate container or pitcher. The drink will taste better if it is chilled. When not in use, the mixture must be kept refrigerated.
- Wait for a bowel movement. **Once bowel movement occurs** (usually 1-6 hours), begin to drink Miralax solution. Drink 1 glass (about 8 ounces) of the Miralax mixture every 10 minutes as tolerated, until the entire one-gallon container is finished. You will need to drink the entire container for the best possible exam.
 - *If you are too full or have nausea/vomiting, stop for 20-30 minutes, then start again. Refrigerate remaining solution.*
- Drink as much water as possible throughout the evening until bedtime. **DO NOT** eat or drink anything after midnight.

Day of Procedure

- **No Solid Food**
- **No Alcohol**
- **Do Not** drink anything Except your needed medications early in the morning.
- **No** gum or breath mints
- **You May** take your morning heart, blood pressure, asthma, seizure medication, and aspirin with a small sip of water.

PLEASE NOTE: You must take all of the Prep solution as directed to clean your bowel adequately. Even if you are passing clear liquid you must continue to take the entire dose of the prep.

IMPORTANT PHONE NUMBERS:

Rutgers GI Clinic: 732-235-7784

Robert Wood Johnson Schedulers: 732-828-3000 x33210

GI clinic Schedulers: 732-235-5973

Interventional GI clinic Schedulers: 732-235-8970

Hospital PAT department **732-828-3000** x36616

For after hour **emergencies** call 732-235-778