

DO THESE THINGS 7 DAYS BEFORE THE PROCEDURE

- **Arrange a ride:** you will be given medicine that makes you relaxed and sleepy, so you cannot drive a car. The medication also has amnesic effect.
- **Stop taking Pepto-Bismol, or Iron Supplements, or Multivitamin with Iron or Fish Oil Supplements.**
- **Inform your Doctor** if you have sleep apnea, a pacemaker, internal defibrillator, an artificial heart valve or joint replacement within the last 6 months.
- **Inform your Doctor if you are diabetic, or if you are on blood thinners** such as Plavix, Ticlid, Coumadin or Warfarin, Pradaxa, Xarelto, Eliquis, Effient, Aggrenox.

DO THESE THINGS 5 DAYS BEFORE THE PROCEDURE

- **Stop Aspirin** (unless instructed otherwise)
- **Eat a Low Fiber Diet** (see low fiber diet handout).

DO THESE THINGS 1 DAY BEFORE THE PROCEDURE

- **Take all your normal medications**, except Ibuprofen (Advil, Motrin), Alieve. Tylenol is OK.
- **No red dyes.**
- **Start a strict, clear liquid diet:**
 - Black coffee or Tea
 - Bouillon
 - Apple or Clear Grape Juice
 - Soda pop or sport drinks like Gatorade
 - Popsicles or Jell-O (no red dyes)
 - Hard Candy Like Lifesavers
 - If you put a liquid in a glass and you can see thru it, it is probably OK to drink.

DO THESE THINGS 1-2 HOURS BEFORE DRINKING THE PREP SOLUTION

- **Mix the solution** in a plastic container by adding lukewarm water to the top line of the bottle. Shake well until the mix is dissolved and put the container in the refrigerator. It will taste better when cold.
- **Continue to drink clear liquids throughout the day, but do not eat any solid food**

DO THESE THINGS AT 5 PM THE DAY BEFORE THE PROCEDURE

- **Add Flavor Packets** to each cup of the prep solution rather than the whole gallon in case you do not like a flavor (alternatively, you can use Crystal Light Drink Mix—no red, blue, or purple flavors)
- **Start Drinking the laxative liquid:**
 - Drink one full glass every 15 minutes until you finish $\frac{3}{4}$ of the bottle (3 liters).
 - You will finish the last $\frac{1}{4}$ of the bottle in the morning.
- **If you become nauseated**, stop for 30 minutes and then resume drinking the laxative solution again.

DO THESE THINGS ON THE DAY OF THE PROCEDURE

- **Four Hours before leaving home**, finish the remaining $\frac{1}{4}$ of the laxative liquid.
- **Take your normal medication** with a sip of water
- **Continue drinking liquids until 2 hours before your procedure** (3 hours if having Upper Endoscopy)
- **Have your escort/driver bring you to your appointment.** Escorts need to be in the building or be 15 minutes away from a hospital.

Please call 425-831-3537 with ANY questions or concerns!