

Clearlax Prep

If you have a history of constipation, kidney disease, liver disease, or cardiac issues, PLEASE DO NOT take this prep. Call us for further instructions.

The Day Prior to Your Procedure:

1. Drink clear liquids for all three meals. It is imperative to drink a large amount of clear liquids throughout the day to stay well hydrated. **DO NOT** eat or drink any solid food, liquids with red dyes, pulp, or dairy products. **Liquids you may have:** Water, apple juice, cranberry juice, white grape juice, PowerAde/Gatorade, tea, bouillon, broth, plain jello- (not red), coffee without cream and any soda pop.
2. In a pitcher, mix the entire 8.3 oz bottle of Clearlax with both 32 oz bottles of PowerAde/Gatorade; refrigerate.
3. At **5pm** take 2 Bisacodyl tablets.
4. At **5pm** drink half of the PowerAde/Gatorade/Clearlax mixture (about 32 oz of liquid).
5. At **9pm** take 2 more Bisacodyl tablets.
6. At **10pm complete the remaining Powerade/Gatorade/Clearlax mixture.**
7. **DO NOT DRINK ANYTHING AFTER THE LAST PREP DOSE (NOTHING AFTER MIDNIGHT)!**

* It is normal to experience symptoms of cramping and bloating. These symptoms will subside as you continue to have bowel movements.

Before the Exam: Notify us if you are taking any medications and/or if you were unable to complete the preparation.

Time: Your endoscopy visit will take approximately 2 hours from admittance to discharge. You will remain in recovery for evaluation for at least 30 minutes after completion of the procedure. After discharge, you may resume normal activity over the next 12 hours.

Important Reminders:

- Stop taking Plavix (and any other blood thinners) 7 days prior to your procedure, unless a cardiac stent has been placed within the last 6 months. Notify your prescribing doctor.
- It is okay to stay on a daily low dose (81mg) of aspirin regimen. If you are on a HIGHER dose, contact the facility.
- Stop taking Coumadin/Warfarin 5 days prior to the procedure. An INR will need to be drawn prior to your procedure. Notify your prescribing doctor.
- If you have a metallic heart valve, obtain Lovenox injections. Notify your prescribing doctor.
- Please bring someone to stay with you during your procedure and to drive you home.
- If you are an insulin-dependent diabetic, please contact your prescribing doctor.

Please call us if you have any questions or concerns: (801) 429-8000

Central Utah Surgical Center	(801) 344-8938
Utah Valley Regional Medical Center Endoscopy	(801) 357-7743
Mountain View Hospital Endoscopy	(801) 465-7191
Revere Health Surgery Center AF Campus	(801) 418-0820
American Fork Hospital Endoscopy Lab	(801) 763-3361
Timpanogos Regional Hospital Endoscopy	(801) 714-6011