

Two-Day MOM Prep

Date: _____ Arrival Time: _____

Before the procedure, buy:

Two (2) Bottles of **Milk of Magnesia** (12 ounces, any brand), one (1) package of **Dulcolax tablets** (16 pills, not the stool softener), one (1) small package of **Gas-X** (Simethicone 125 mg) at least three tablets

3 Days before
Bedtime



Take **2 tablespoons of MOM** at bedtime.

2 Days Before
10am



You can have a light breakfast before 10am. Avoid whole grains, nuts, fruits and veggies. **After 10am, stay on "full liquids" for the day** (pudding, yogurt, soup, ice cream allowed).

2 Days Before
2pm, 5pm, &
8pm



Take **4 tablespoons of MOM** and **2 Dulcolax tablets**. Drink at least 1 glass of water or clear liquid every hour. Take breaks in-between prep and small sips of clear liquids. If you experience nausea, SLOW down! Place a cold facecloth on your forehead and back of your neck and rest.

1 Day before
2pm, 5pm, &
8pm



Take **4 tablespoons of MOM** and **2 Dulcolax tablets**. Drink at least 1 glass of clear liquid every hour. Stay on **"clear liquids" after 10am (no more pudding, yogurt, soup, or ice cream** now... clear liquids only!)

***5 hours before**
procedure arrival



Take **4 tablespoons of MOM** and **2 Dulcolax tablets** and **3 chewable Gas-X tablets**. Drink 1 glass of clear liquid after taking medications.

4 hours before
procedure
arrival



Do not drink any liquids 4 hours before your procedure. Do not chew gum or suck on any hard candy. This is important to make sure that your stomach is empty prior to the sedation medication.

Note: *If your procedure is before 10am, you can take the last dose before you go to bed, so you don't have to get up in the middle of the night. If your stools are already very clear or you are experiencing severe nausea, you can skip this dose. If you have questions regarding prep, please call after 7am and our staff can assist you. 207-535-1142