



THE DAY BEFORE YOUR EXAM

- 1.** Mix medication with one gallon of water and refrigerate it in the morning. (Inside the container is white powder that is the medication, add water to the line at the top of the container.) Please follow these instructions or you may be dirty and have to re-prep again.
- 2.** No solid food only clear liquids (NOTHING RED IN COLOR & NO MILK) Clear liquids are: water, black coffee, apple juice, tea, Gatorade, Popsicles, clear sodas, coke, dr. pepper, jello, hard candy and broth.
- 3.** At 12 noon begin to drink the solution, one 8 oz. Glass every ten minutes until half the gallon is done. You will get diarrhea, possibly nausea and vomiting.
- 4.** Continue the clear liquids.
- 5.** At 8pm begin to drink the solution again one 8 oz. Glass every ten minutes until the container is done. You will get diarrhea, possibly nausea and vomiting.
- 6.** After you finish the solution you may continue the clear liquids until midnight then nothing by mouth, not even medications.

*****DO NOT TAKE THESE BLOOD THINNERS**

*****WARFARIN, COUMADIN, TICLID 3 DAYS BEFORE YOUR EXAM**

****PRADAXA, XARELTA AND ELIQUIS 2 DAYS BEFORE EXAM**