

NOTE: If you take any blood thinning medications such as Coumadin, Eliquis, Plavix, Pradaxa, Warfarin, Xarelto; have an artificial heart valve; an allergy to Latex; take Phentermine; or have had issue with this particular prep in the past — please call your physician's office for further instructions.

PLEASE READ ALL ENCLOSED INFORMATION & FOLLOW INSTRUCTIONS CAREFULLY TO ENSURE A SUCCESSFUL PREP

Detailed step-by-step instructions included on Page 2

1 day prior to procedure:

- **NO SOLID FOODS. A clear liquid diet is necessary for a colonoscopy, so you must be on a clear liquid diet all day.**
- Please continue taking all of your routine medication as normal, with the exception of the medications listed above.
- *If you are DIABETIC, please refer to the Diabetic Medication Instruction Sheet*

Day of your procedure:

- **Nothing by mouth 4 HOURS prior to procedure**
- If you take daily medication (including blood pressure, seizure & heart medications), take it with small sips of water only, **AT LEAST 4 hours before your procedure.**
- You may brush your teeth, but do not swallow.
- **NO GUM or HARD CANDY or CHEWING TOBACCO.**
- **DO NOT SMOKE MARIJUANA, CIGARETTES, CIGARS, PIPES or E-CIGARETTES.**

Bring your ID and a copy of your current insurance card

YOU MUST BE ACCOMPANIED BY AN ADULT FRIEND OR RELATIVE TO DRIVE YOU HOME. YOU MAY NOT DRIVE OR GO HOME BY TAXI/BUS/CAR SERVICE. IF YOU DO NOT HAVE A DRIVER, YOUR PROCEDURE WILL BE CANCELLED.

ITEMS NEEDED FOR PREP:

- **Dulcolax Laxative 5 mg tablets**
 - * *Bisacodyl is approved generic brand*
 - * Buy laxative tablets, NOT stool softener
 - * You will need 4 tablets
 - **Miralax 238 gram bottle**
 - * *Polyethylene Glycol 3350 is approved generic brand*
 - **Gatorade sports drink 64 oz**
NO RED, PURPLE or ORANGE
- ➔ *if you are DIABETIC, you can substitute Crystal Light or Propel Fitness Water*



APPROVED:

- Sodas, coffee, tea (no dairy/creamer)
- Clear** juices (apple, white grape)
- Fitness waters
- Chicken, beef, vegetable broth
- Gelatin
- Popsicles (without pulp)
- NO RED, PURPLE or ORANGE**

AVOID:

- Milk / dairy
- Juices with pulp
- Popsicles with pulp
- Alcohol
- RED, PURPLE or ORANGE** items

STANDARD BOWEL PREP – PROCEDURES AT 11:00 AM OR EARLIER

Prep Day: The day before your procedure

No solid foods upon rising, until after your procedure. Drink plenty of water throughout the day to avoid dehydration.

1

3:00 PM the day prior to your procedure

Put 64 oz of Gatorade, or Gatorade powder mixture in the refrigerator.



2

3:00 PM the day prior to your procedure

Take 4 (5mg) Dulcolax/Bisacodyl tablets with a glass of water.

**Please note you will only need 4 tablets total*



3

5:00 PM the evening prior to your procedure

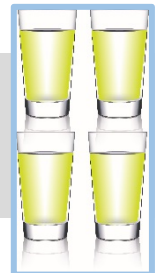
Mix together the **ENTIRE BOTTLE** (8.3oz/238g) of Miralax/
Polyethylene Glycol 3350 with **64 oz.** of chilled drink mix.



4

5:00 PM the evening prior to your procedure

Drink an 8 oz. glass of the solution every 15-30 minutes until you
have finished drinking **HALF OF THE MIXTURE (32 oz.)**.



Individual responses to laxatives vary.

This preparation will cause multiple bowel movements, stay close to a bathroom.

Prep Day: The day of your procedure

5

2:00 AM the morning of your procedure

Drink the **OTHER HALF OF THE MIXTURE (32 oz.)** Drink an
8 oz. glass of the solution every 15-30 minutes **until gone**.

You must finish the entire prep, even if your bowels are already clear.

FINISH NO LATER THAN 4 HOURS PRIOR TO YOUR PROCEDURE

