

## COLONOSCOPY PREP INSTRUCTIONS

You will need to arrange for transportation for this procedure with a friend or a family member, NO public transportation is allowed.

If you are on any blood thinners, such as Coumadin, Plavix, Xarelto, or Eliquis, please let the doctor know.

7 days prior to colonoscopy, do not take any aspirin or ibuprofen products.

Purchase the following at your drug or grocery store:

- 238 gram bottle of Miralax powder (over the counter)
- One small box/4 tablets of 5 mg Dulcolax (bisacodyl) tablets (over the counter)
- Two 32oz bottles of G2 Gatorade to mix with the Miralax

### **DAY BEFORE COLONOSCOPY**

You may have a light breakfast before 9 AM

After 9 AM, you may have clear liquids only: boullion and broth soups, coffee and tea without cream, light colored juices without pulps, water, clear sodas, and light colored Jell-Os. You may drink additional light colored electrolyte drinks like Gatorade. The more you drink, the cleaner your colon will be for the procedure.

Step 1: At 4 pm, take 4 Dulcolax (bisacodyl) tablets

Step 2: At 6 pm, mix the entire 238 gram bottle of Miralax in the 64 oz of Gatorade and shake until the Miralax has dissolved. Drink one glass (8 oz) every 10-15 minutes until half the solution is gone. Refrigerate the remainder of the prep solution.

### **DAY OF COLONOSCOPY**

Step 1: Four hours before your scheduled start time, finish drinking the remaining half of the Miralax solution. This must be completed within 1 hour.

Nothing by mouth, nothing to eat or drink for 3 hours prior to the start of your procedure time.

YOU MAY TAKE APPROVED MEDICATIONS WITH A SIP OF WATER THE MORNING OF THE PROCEDURE