

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 or Plavix type products please let the doctor know

7 days prior to colonoscopy no aspirin or ibuprofen products

Purchase the following at your drug or grocery store:

- **238 gram bottle of Miralax powder (over the counter)**
- **One(1) small box/4 tablets of 5 mg Dulcolax (bisacodyl) tablets (over the counter)**
- **2- 32 oz. bottles of G2 Gatorade to mix with the Miralax**

DAY BEFORE COLONOSCOPY:

You may have a light breakfast before 9:00am

After 9:00am clear liquids only: bouillon and broth soups, coffee and tea without cream – limit one cup, light colored juices without pulps, water, clear sodas and light colored Jell-O's. Light colored Gatorade drinks. The more you drink the cleaner your colon for the procedure.

Step 1: At 4:00pm take 4 Dulcolax (bisacodyl) tablets

Step 2: At 6:00pm mix the entire 238-gram bottle of Miralax in the 64 oz. of Gatorade and shake until Miralax has dissolved. Drink one glass (8 oz.) every 10 to 15 minutes until half the solution is gone. Refrigerate the remainder of the prep solution.

DAY OF COLONOSCOPY:

Step 1: Four (4) hours before your scheduled start time, finish drinking the remaining half of the Miralax solution. This must be completed within **one (1) hour**.

Nothing by mouth three (3) hours prior to the start of your procedure time

YOU MAY TAKE APPROVED MEDICATIONS THE MORNING OF THE PROCEDURE