

***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:**

- **If you choose, you may have ONE Ensure/Glucerna shake BEFORE 9:00am After the shake, 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 11:30 AM or LATER

## Prep Day: The day before your procedure

You may have **ONE** Ensure/Glucerna shake before 9:00am. After the shake, **NO solid foods** 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**

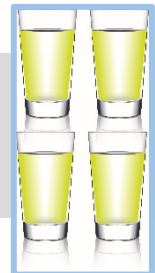
Mix together the **ENTIRE BOTTLE** (8.3oz/238g) of Miralax/  
Polyethylene Glycol 3350 with **64 oz.** of chilled drink mix.



**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**

**6:00 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**

