

Gastroenterologist of Ocean County
1B PREP INSTRUCTIONS

8 days before procedure	7 days before procedure	1 day before procedure	Day of Procedure	What to Expect with your Prep
Date	Date	Date	Date	
<input type="checkbox"/> Stop any weekly injectable weight loss medications (ex- Ozempic, Wegovy, Zepbound)	<input type="checkbox"/> Start low residue diet Buy preparation ingredients <input type="checkbox"/> MiraLAX 238gram bottle <input type="checkbox"/> Dulcolax tablets <input type="checkbox"/> Clear liquids- 64 ounces <input type="checkbox"/> Arrange for a friend, family member or medical transport to drive you home after the colonoscopy.	No Marijuana No Alcohol Stay hydrated with at least 12 glasses of clear liquids throughout the day (in addition to what you drink with your bowel prep medication) <input type="checkbox"/> Breakfast- low residue (ex- eggs and white toast) <input type="checkbox"/> Noon Clear liquid diet <input type="checkbox"/> 4pm Take 2 Dulcolax tablets with 8 ounces of water. <input type="checkbox"/> 6pm Mix entire bottle of MiraLAX in 64 ounces of any clear liquid (except water), shake until dissolved. Drink 8 ounces of the mixture every 15-20 minutes until the solution is HALF finished. Refrigerate the remainder of the solution.	No tobacco or marijuana Do not eat! No gum, mints or cough drops! <input type="checkbox"/> 5am (or 5 hours prior to your arrival time) Drink 6-8 ounces of the remaining MiraLAX solution every 15-20 minutes until it is completely consumed. Your preparation must be completed no later than 4 hours prior to your arrival time. Clear liquids allowed up to 4 hours prior to arrival time STOP Clear Liquids at ____ Arrival time ____ After your procedure You should not drive a car, operate machinery, or make any legal decisions until the day after your procedure. You must have an adult accompany you home the day of your procedure. The staff must be able to contact whoever will accompany you.	You will develop significant diarrhea after drinking the preparation. Plan to be near a bathroom. This is normal as it means the medication is working to clear stool from your colon. Most people feel mild bloating and can experience abdominal cramps. This is normal. Drinking the prep medication more slowly and over a longer period of time can help alleviate these symptoms. A successful colon prep will cause you to have clear yellow (“tea colored”) liquid stools/form. Please finish your preparation regardless of your stool color.

FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN CANCELLATION OF YOUR PROCEDURE