

2A 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	
<p><input type="checkbox"/> Stop any weekly injectable weight loss medications (ex- Ozempic, Wegovy, Zepbound)</p>	<p>Start low residue diet</p> <p>Buy preparation ingredients</p> <ul style="list-style-type: none"> <input type="checkbox"/> MiraLAX 238gram bottle <input type="checkbox"/> Dulcolax tablets <input type="checkbox"/> Clear liquids- 64 ounces <input type="checkbox"/> 10oz bottle of Citrate of Magnesia <input type="checkbox"/> Arrange for a friend, family member or medical transport to drive you home after the colonoscopy. 	<p>No Marijuana No Alcohol</p> <p><input type="checkbox"/> Clear Liquid Diet (all day)</p> <p>Stay hydrated with at least 12 glasses of clear liquids throughout the day (in addition to what you drink with your bowel prep medication)</p> <p>1pm Drink 10oz bottle of Citrate of Magnesia (can be mixed with clear liquid)</p> <p>3pm Take 2 Dulcolax tablets with 8 ounces of water.</p> <p>5pm 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 finished.</p>	<p>No tobacco or marijuana use</p> <p>Do not eat! No gum, mints or cough drops!</p> <p>Clear liquids allowed up to 4 hours prior to arrival time</p> <p>STOP Clear Liquids at _____</p> <p>Arrival time _____</p> <p>After your procedure</p> <p>You should not drive a car, operate machinery, or make any legal decisions until the day after your procedure.</p> <p>You must have an adult accompany you home the day of your procedure. The staff must be able to contact whoever will accompany you.</p>	<p>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.</p> <p>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.</p> <p>A successful colon prep will cause you to have clear yellow ("tea colored") liquid stools.</p> <p>Please finish your preparation regardless of your stool color/form.</p>

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