

## 3 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><b>Buy preparation ingredients</b></p> <p><input type="checkbox"/> MiraLAX 238gram bottle</p> <p><input type="checkbox"/> Dulcolax tablets</p> <p><input type="checkbox"/> Clear liquids- 64 ounces</p> <p><input type="checkbox"/> Two 10oz bottles of Citrate of Magnesia</p> <p><input type="checkbox"/> Arrange for a friend, family member or medical transport to drive you home after the colonoscopy.</p>	<p>Start low residue diet</p> <p><b>Buy preparation ingredients</b></p> <p><input type="checkbox"/> MiraLAX 238gram bottle</p> <p><input type="checkbox"/> Dulcolax tablets</p> <p><input type="checkbox"/> Clear liquids- 64 ounces</p> <p><input type="checkbox"/> Two 10oz bottles of Citrate of Magnesia</p> <p><input type="checkbox"/> Arrange for a friend, family member or medical transport to drive you home after the colonoscopy.</p>	<p>No Marijuana No Alcohol</p> <p><input type="checkbox"/> Start Clear Liquid Diet Continue 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><b>12pm</b> Take 2 Dulcolax tablets with 8 ounces of water.</p> <p><b>2pm</b> Drink first 10oz bottle of Citrate of Magnesia (can be mixed with clear liquid)</p> <p><b>5pm</b> Drink second 10oz bottle of Citrate of Magnesia (can be mixed with clear liquid)</p> <p><b>6pm</b> Mix entire bottle of MiraLAX in 64 ounces of any clear liquid (except water), shake until dissolved. Drink <u>HALF</u> of the mixture every 15-30 minutes until consumed. Refrigerate the remainder of the solution.</p>	<p>No tobacco or marijuana</p> <p>Do not eat! No gum, mints or cough drops!</p> <p><b>5am</b> Drink 6-8 ounces of the remaining MIRALAX solution every 15-20 minutes until completely consumed. You must finish this no later than 4 hours prior to your arrival time.</p> <p>Clear liquids allowed up to 4 hours prior to arrival time</p> <p><b>STOP</b> Clear Liquids at _____</p> <p>Arrival time _____</p> <p><b>After your procedure</b> 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 may 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**