

## 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	
<input type="checkbox"/> Stop any weekly injectable weight loss medications (ex- Ozempic, Wegovy, Zepbound)	Start low residue diet  <b><u>Buy preparation ingredients</u></b> <input type="checkbox"/> MiraLAX 238gram bottle <input type="checkbox"/> Dulcolax tablets <input type="checkbox"/> Clear liquids- 64 ounces <input type="checkbox"/> Two 10oz bottles of Citrate of Magnesia  <input type="checkbox"/> Arrange for a friend, family member or medical transport to drive you home after the colonoscopy.	No Marijuana No Alcohol  <input type="checkbox"/> Start Clear Liquid Diet Continue Clear Liquid Diet all day  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"/> <b>12pm</b> Take 2 Dulcolax tablets with 8 ounces of water.  <input type="checkbox"/> <b>2pm</b> Drink first 10oz bottle of Citrate of Magnesia (can be mixed with clear liquid)  <input type="checkbox"/> <b>5pm</b> Drink second 10oz bottle of Citrate of Magnesia (can be mixed with clear liquid)  <input type="checkbox"/> <b>6pm</b> Mix entire bottle of MiraLAX in 64 ounces of any clear liquid (except water), shake until dissolved. Drink <u>HALE</u> of the mixture every 15-30 minutes until consumed. Refrigerate the remainder of the solution.	No tobacco or marijuana  Do not eat! No gum, mints or cough drops!  <input type="checkbox"/> <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.  Clear liquids allowed up to 4 hours prior to arrival time  <b>STOP</b> Clear Liquids at _____  Arrival time _____  <b>After your procedure</b> 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 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.  A successful colon prep will cause you to have clear yellow (“tea colored”) liquid stools.  Please finish your preparation regardless of your stool color/form.

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