

Gastroenterologist of Ocean County
4A PREP INSTRUCTIONS

8 days before procedure	7 days before procedure	3 days before procedure	2 days before procedure
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 <ul style="list-style-type: none"> <input type="checkbox"/> One gallon of GoLyteLy or NuLyteLy (4 liters) Rx sent to your pharmacy <input type="checkbox"/> 4 Simethicone (Gas-X) Tablets (80mg each) Rx sent to your pharmacy <input type="checkbox"/> 6 packets of Miralax (17g per packet), over the counter <p>Arrange for a friend, family member or medical transport to drive you home after the colonoscopy.</p>	Continue low residue diet After lunch Mix 2 packets of miralax (or measure out 34g) in any 8 to 16 oz of water, Gatorade or plain juice, then drink.	Continue low residue diet After lunch Mix 2 packets of miralax (or measure out 34g) in any 8 to 16 oz of water, Gatorade or plain juice, then drink.
1 day before procedure		Day of Procedure	What to Expect with your Prep
Date No marijuana or alcohol Breakfast- Start clear liquid diet and continue until procedure Stay hydrated with at least 12 glasses of clear liquids throughout the day (in addition to what you drink with your bowel prep medication) 12pm Mix 2 packets of MiraLAX (or measure out 34g), in water, Gatorade or juice and drink. 5pm <input type="checkbox"/> Take 2 Simethicone tablets (Gas-X) Begin drinking GoLyteLy/NuLyteLy (shake well) <input type="checkbox"/> Drink a large glass of the prep (8oz) every 15 minutes. It is best to drink the whole glass rapidly rather than sipping slowly. For best results, do NOT spend more than 4 hours finishing the prep. <input type="checkbox"/> Once the gallon of GoLyteLy/NuLyteLy is complete, take the last 2 Simethcone tablets		Date No tobacco or marijuana use Clear liquids allowed up to 4 hours prior to arrival time. Stop Clear Liquids at _____. Nothing by mouth including gum, mints and cough drops! 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 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