

Gastroenterologist of Ocean County
5A PREP INSTRUCTIONS

8 days before procedure	2 days before procedure	1 day before procedure	Day of Procedure	What to Expect with your Prep
Date	Date	Date	Date	
<div><input type="checkbox"/> Stop any weekly injectable weight loss medications (ex-Ozempic, Wegovy, Zepbound)</div> <div><input type="checkbox"/> Arrange for a friend, family member or medical transport to drive you home after the colonoscopy.</div>	<div><input type="checkbox"/> Have a low residue breakfast (such as eggs and whit toast), THEN <input type="checkbox"/> Follow the Clear Liquid Diet for TWO DAYS</div> <div>Stay hydrated with at least 8 glasses of clear liquids throughout the day (in addition to what you drink with your bowel prep medication)</div>	<div>No Marijuana or alcohol</div> <div><input type="checkbox"/> Clear Liquid Diet all day</div> <div>Stay hydrated with at least 8 glasses of clear liquids throughout the day (in addition to what you drink with your bowel prep medication)</div> <div><input type="checkbox"/> 1pm Take two (2) Dulcolax tablets with 8 oz of clear liquid</div> <div><input type="checkbox"/> 3pm Drink one 10oz bottle of Citrate of Magnesia (can be mixed with clear liquid)</div> <div><input type="checkbox"/> 5pm Mix the entire bottle of MiraLAX in 64 oz of any clear liquid (except water). Dissolve the MiraLAX in the clear liquid. Drink 6-8 oz of the solution every 15-30 minutes until the solution is finished.</div>	<div>No tobacco or marijuana</div> <div>Do not eat! No gum, mints or cough drops!</div> <div>Clear liquids allowed up to 4 hours prior to arrival time</div> <div>Stop Clear Liquids at _____</div> <div>Arrival time _____</div> <div>After your procedure You should not drive a car, operate machinery, or make any legal decisions until the day after your procedure.</div> <div>You must have an adult accompany you home the day of your procedure. The staff must be able to contact whoever will accompany you.</div>	<div>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.</div> <div>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.</div> <div>A successful colon prep will cause you to have clear yellow (“tea colored”) liquid stools.</div> <div>Please finish your preparation regardless of your stool color/form.</div>
<div>7 days before procedure</div> <div>Date</div> <div>Start low residue diet Buy preparation ingredients <input type="checkbox"/> Two 238gram bottles of MiraLAX <input type="checkbox"/> Four Dulcolax Tablets (Laxative, NOT stool Softener) <input type="checkbox"/> 128oz of any clear liquid (nothing red in color) <input type="checkbox"/> Two 10oz bottles of Citrate of Magnesia</div>	<div><input type="checkbox"/> 1pm Take two (2) Dulcolax tablets with 8 oz of clear liquid</div> <div><input type="checkbox"/> 3pm Drink one 10oz bottle of Citrate of Magnesia (can be mixed with clear liquid)</div> <div><input type="checkbox"/> 5pm Mix the entire bottle of MiraLAX in 64 oz of any clear liquid (except water). Dissolve the MiraLAX in the clear liquid. Drink 6-8 oz of the solution every 15-30 minutes until the solution is finished.</div>			

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