

Gastroenterologist of Ocean County
5B 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	
<input type="checkbox"/> Stop any weekly injectable weight loss medications (ex- Ozempic, Wegovy, Zepbound) <input type="checkbox"/> Arrange for a friend, family member or medical transport to drive you home after the colonoscopy.	<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 Stay hydrated with at least 8 glasses of clear liquids throughout the day (in addition to what you drink with your bowel prep medication) <input type="checkbox"/> 1pm Take two (2) Dulcolax tablets with 8 oz of clear liquid <input type="checkbox"/> 3pm Drink one 10oz bottle of Citrate of Magnesia (can be mixed with clear liquid) <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.	No Marijuana or alcohol <input type="checkbox"/> Clear Liquid Diet all day Stay hydrated with at least 8 glasses of clear liquids throughout the day (in addition to what you drink with your bowel prep medication) <input type="checkbox"/> 1pm Take two (2) Dulcolax tablets with 8 oz of clear liquid <input type="checkbox"/> 3pm Drink one 10oz bottle of Citrate of Magnesia (can be mixed with clear liquid) <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 HALF finished. Refrigerate the leftover 32 oz of MiraLAX solution.	No tobacco or marijuana Do not eat! Do gum, mints or cough drops! <input type="checkbox"/> 5am Drink remaining MiraLAX solution drinking 6-8 oz 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 STOP Clear Liquids at _____ 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.
7 days before procedure Date <input type="checkbox"/> 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				

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

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