

COLONOSCOPY PREP INSTRUCTIONS (**PM exam**)

Miralax (same as Glycolax) with **EXTENDED PREP**

You will need to purchase:

Bowel Prep Powder – such as Miralax – need a **238 gram (8.3 ounce)** bottle

(4) Bisacodyl laxative tablets (**5 milligram tablets**) (See back of this sheet for list of brands to choose from)

(2) 32 oz. bottles of re-hydration (sports) drink – nothing red (See back of this sheet for list of brands to choose from)

(1) 10 oz. bottle of Magnesium Citrate

These products are over the counter. You can find listed alternative options listed on the back of this sheet.

DAY ONE = Two days prior to colonoscopy appointment

DATE: _____

6:00 pm	Drink one 10 oz. bottle of Magnesium Citrate
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DAY TWO = One day prior to colonoscopy appointment

DATE: _____

7:00 am	If not already instructed to do so begin clear liquid diet (list on back). Absolutely NO solid food or alcohol
10:00 am	Take 2 bisacodyl laxative tablets with water
3:00 pm	Take remaining 2 bisacodyl laxative tablets with water
4:00 pm	Mix the bowel prep powder with 64 oz. of sports re-hydration drink. Before mixing, pour bowel prep powder in an empty pitcher or container and add re-hydration sports drinks . Chill if desired.
6:00 pm	Start to drink the first dose of bowel prep (32 oz.). Drink (1) 8oz. glass every 15 minutes over a one hour period. Drink each glass quickly rather than drinking small amounts continuously.
8:00 pm	Continue to drink clear liquids the remainder of the evening to stay hydrated.

DAY THREE = Day of colonoscopy exam

DATE: _____

7:00 am	Begin drinking the second dose of bowel prep (32 oz.). Drink over a 1 hour period, finishing by 8:00 am.
8:00 am	Continue to drink clear liquids until 2 hours before your scheduled procedure time. 2 hours before your colonoscopy, stop ALL fluids and take nothing (NO FOOD OR DRINK) by mouth.
1.	For use of your medications, refer to the orange medication instruction sheet enclosed.
2.	Call (585) 222-6566 if you have any questions regarding any of these instructions.
3.	Arrive at your assigned time.

****We STRONGLY encourage clear liquid intake up to 2 hours before your procedure time****

CLEAR LIQUIDS (NO ALCOHOL):

- Water
- Clear juices (apple, grape juice, orange drink, white cranberry juice)
- Black coffee or tea (no creamers). Sugar is OK to add
- Bouillon or clear broth
- Soda pop (Sprite, Ginger-ale, Mountain Dew), Gatorade
- Jello, popsicles, Lemon Ice

BOWEL PREP TABLETS: (any of these brands)

These are the PILLS to take at the start of your bowel prep

- Bisacodyl (Generic)
- Dulcolax
- Dulcogen
- Alophen

DO NOT USE STOOL SOFTENERS

RE-HYDRATION (SPORT) DRINKS: 64 oz.

This is the liquid used to mix with the powder (below)

- Powerade, Powerade Zero
- Gatorade, Gatorade Zero, Gatorade Fit, Gatorlyte
- Prime
- BodyArmor
- Propel
- Pedialyte

BOWEL PREP POWDER

This is the powder to mix with the liquid (above)

- Miralax
- Glycolax
- PureLax
- ClearLax

Please Note:

- Please wear socks as it sometimes can get cool in the procedure room.
- No nail polish on fingers only (you do not need to remove acrylic nails). The nail polish may interfere with the oxygen sensor that is placed on your finger.
- Diabetics may use Powerade Zero or Gatorade Zero as it contains less sugar than regular Powerade.
- **Please leave all valuables at home.**