



****Failure to follow these instructions will result in cancellation of your colonoscopy****

INSTRUCTIONS – Purchase the following items for the bowel prep. No prescription is needed.

- Four Dulcolax laxative tablets containing 5mg of bisacodyl each (NOT Dulcolax stool softener).
- One 8.3 ounce bottle of Miralax (238 grams) or generic equivalent.
- Two 28 ounce bottles of Gatorade (NOT RED).
- Diabetic patients should use Gatorade G2 or Gatorade Zero (NOT RED).
- Insulin dependent patients need to bring Glucometer the day of procedure to check blood sugar.
- Sleep apnea patients need to bring CPAP/BIPAP machine the day of the procedure.

CLEAR LIQUID DIET FOR COLONOSCOPY PREPARATION

- One day before the colonoscopy, follow a clear-liquid diet.
- Mix ½ of the Miralax 4.1 oz bottle (119 grams) in each 28 ounce Gatorade bottle until dissolved. Keep cool in the refrigerator. DO NOT ADD ICE.

THE BOWEL PREPARATION WILL BE CONSUMED IN TWO PARTS

PART 1

1. At 5:00 pm on the evening before your colonoscopy, take four Dulcolax tablets.
2. At 6:00 pm on the evening before your colonoscopy – drink 28 ounces of the mixed solution by drinking a 7-ounce glass of bowel preparation every 15 minutes for a total of four glasses (1 hour).
3. Fifteen minutes later, drink an 8-ounce glass of water every 15 minutes for a total of two glasses (30 minutes).
4. You may continue to drink clear liquids until midnight.

PART 2

1. Nothing to eat or drink on the day of the procedure except the bowel preparation which must be completed 2 hours prior to appointment time.
2. Four hours before the colonoscopy procedure time, take the other 28-ounce bottle of mixed solution and drink a 7-ounce glass of bowel preparation every 15 minutes for a total of four glasses in 1 hour.
3. Fifteen minutes later, drink an 8-ounce glass of water every 15 minutes for a total of two glasses (30 minutes).
4. Avoid chewing gum, eating candy, chewing tobacco, smoking cigarettes, or any solid foods the day of the procedure.

TRANSPORTATION ON THE DAY OF THE PROCEDURE

- A responsible person **MUST BE PRESENT** with you at check-in and **MUST REMAIN** in the endoscopy area until you are discharged. You are not allowed to drive, take a taxi or bus, or leave the Endoscopy Center alone.
- If you do not have a responsible driver with you, your procedure cannot be completed with sedation and will be cancelled.

I have read and understand the above instructions.

Patient Signature

Date

MEDICATIONS

- If you take diabetic medications, GLP-1 receptor agonists – injection weight loss, or blood thinners, you must call the doctor who orders those medications for instructions on altering the dosage before your colonoscopy.
- GLP-1 receptor agonists medications include, but not limited to: Adlyxin (Lixisenatide); Bydureon BCise (Exenatide); Byetta (Exenatide); Mounjaro (Tirzepatide); Zepbound (Tirzepatide); Ozempic (Semaglutide); Rybelsus (Semaglutide); Wegovy (Semaglutide); Victoza (Liraglutide); Saxenda (Liraglutide); Tanzeum (Albuglutide); and Trulicity (Dulaglutide).
- Blood thinner medications include, but not limited to: Coumadin (Warfarin); Plavix (Clopidogrel); Eliquis (Apixaban); Xarelto (Rivaroxaban); Effient (Prasugrel); Brilinta (Ticagrelor); Ticlid (Ticlopidine Hydrochloride); Agrylin (Anagrelide); and Pradaxa (dabigatran).
- All other medications, including aspirin 81mg, should be taken the day of the exam with a sip of water.
- If you take insulin, you must contact the prescribing provider for instructions on altering the insulin dose before your colonoscopy.

FIVE DAYS BEFORE YOUR COLONOSCOPY

- DO NOT take medicines that stop diarrhea, such as loperamide (Imodium) or Bismuth Subsalicylate (Kaopectate, Pepto-Bismol).
- DO NOT take fiber supplements, such as Metamucil, Citrucel, or Perdiem.
- DO NOT take products that contain Iron, such as multivitamins (the label lists what is in the products).
- DO NOT take Vitamin E.

THREE DAYS BEFORE YOUR COLONOSCOPY

- DO NOT eat high-fiber foods, such as popcorn, beans, seeds (flax, sunflower, quinoa), multigrain bread, nuts, salad/raw vegetables, fresh fruit, or dried fruit.
- Acceptable to eat cooked soft vegetables.

ONE DAY BEFORE THE COLONOSCOPY

- Only drink clear liquids the ENTIRE DAY before your colonoscopy. DO NOT eat any solid foods. Drink at least 8 ounces of clear liquids every hour after waking up.

YES – OK TO DRINK

- water & flavored water (clear)
- tea & black coffee without milk, cream, lightener
- Jello or other gelatin without fruit – no red/purple
- clear juices – apple, white grape, lemonade without pulp
- clear broth – chicken/ beef/ vegetable
- clear soda/ Gatorade & Propel – light colors
- popsicles without fruit/cream – no red/purple

NO – AVOID THESE

- alcoholic beverages
- milk / cream
- smoothies / milkshakes
- orange / grapefruit / tomato juices
- soups (other than clear broth)
- cooked cereal
- juice, popsicles, gelatins with red/ purple dye

Patient Signature

Date