

2 DAY COLONOSCOPY PREP INSTRUCTIONS

Your Colonoscopy is scheduled on: _____
(Please make sure you arrive **1 hour earlier** than your scheduled time)

Please follow instructions below for best prep results!

- STOP** 2 Days before your Colonoscopy: _____
 - **Only drink clear liquids ALL DAY (No Solid Food!)**
 - **At 5pm**, mix 1-8.3oz bottle MiraLAX with 64oz clear liquid
- STOP** On the day before your Colonoscopy: _____
 - **You may ONLY DRINK CLEAR LIQUIDS (DO NOT EAT SOLID FOODS!!!)**
 - To get the best results, please drink at least 8oz of clear liquids every hour
 - Example: chicken broth, sprite, water, Jell-o, Coke, tea, lemonade
- STOP** At **10am the day before** your colonoscopy, take **4 Dulcolax tablets** (containing 5mg of bisacodyl each)
- STOP** At **1pm the day before** your colonoscopy, mix **1-8.3 oz bottle MiraLAX (238 grams)** with **64oz clear liquid** (i.e., **Gatorade, G2 Gatorade Ice, Powerade or Powerade Zero** are acceptable) and drink one 8oz glass every 15 minutes until the mixture is gone.
- STOP** Continue clear liquids
- STOP** **After midnight, nothing to eat or drink.** (If you have an afternoon procedure, you may have clear liquids **ONLY** up to 8hrs prior to the procedure then nothing by mouth till the procedure is over).
- STOP** **Do not take your Diabetic medication the morning of procedure. All other medicine is OK with a sip of water.**
- STOP** **DO NOT SMOKE ON THE DAY OF YOUR PROCEDURE!**
- STOP** If you are taking a blood thinner (i.e., ASA, Plavix, Coumadin, Xarelto, etc.), please notify the nurse, as you may need to stop these medicines 3-7 days prior to your procedure.
- STOP** If you are on a GLP-1 (i.e. Ozempic, Mounjaro, Zepbound, etc), you will need to be off these a full 7 days.

* Please note: You can buy the Mag-Citrate and MiraLAX over the counter at any drug store.

* You will be sleepy after your procedure. You will need to arrange for a responsible person to drive you home after your procedure.

If you have any questions about your procedure or prep instructions: Please call the nurse at 334-745-6271.