

INSTRUCTIONS FOR 2-DAY COLONOSCOPY PREP

Before you begin you will need to purchase these items:

- a. Miralax 238g (8.3oz) bottle – OTC can be purchased without a prescription
- b. Gatorade (No red or purple) 32oz bottle
- c. Prescription laxative prep (Trilytely)

1. One week prior to your procedure:

- NO corn, nuts, seeds, salads, brown rice or leafy vegetables.

2. 2 days prior to your procedure:

- Do NOT eat any solid foods or have any milk products
- Have ONLY clear liquids such as juices (apple and white grape), broth, bouillon, black coffee, tea, sorbet, Kool-Aid, soda, popsicles, Gatorade and or Jell-O (without fruit). NO alcohol. NO red, orange, or purple-colored liquids. Have several servings of a variety of liquids at each meal.
- Mix your prep: ½ bottle of Miralax (does not need to be exact) in 32oz of Gatorade, place it in the refrigerator. Please keep the remaining Miralax in case it is needed later in the preparation.
- **Starting at 5:00 PM**, drink an 8 ounce glass (1 cup) of prep every 10-20 minutes until the Miralax/Gatorade solution is finished. If you feel nauseous, have stomach cramps or feel very full, wait 10 minutes until drinking the next glass. Drinking each glass of prep quickly may be easier than sipping the prep slowly. Using a straw may help.
- Please continue to drink clear liquids after starting the prep. It is important to drink clear liquids throughout the day to avoid dehydration and help flush out your colon. Your total fluid intake should be at least 200 ounces each day.

3. On the day before your procedure:

- Do NOT eat any solid foods or have any milk products. Continue drinking clear liquids only.
- Mix your (prescription) prep as per the instructions and place it in the refrigerator.
- **Starting at 5 PM**, drink an 8 ounce glass (1 cup) of prep every 10-20 minutes until HALF (1/2) of the prep is finished. If you feel nauseous, have stomach cramps or feel very full, wait 10 minutes until drinking the next glass. Drinking each glass of prep quickly may be easier than sipping the prep slowly. Refrigerate the rest of your prep until the morning.
- You may continue to drink clear liquids during the night.

4. On the day of your procedure:

- Drink an 8 ounce glass (1 cup) of prep every 10-20 minutes until the prep is finished. Complete the ENTIRE prep by _____ AM/PM. The prep must be completed 4 HOURS before your scheduled procedure time.
- After finishing the prep, have NOTHING to eat or drink before your arrival time, not even candy, gum or mints. However, you may take medications with a sip of water.
- If you are DIABETIC, please check your blood sugar and bring the results to your procedure. If you are on INSULIN, cut your dosage in half (1/2) the evening before and morning of your procedure. If you are on ORAL AGENTS to control your blood sugar, please hold your dose the morning of the procedure.

Check in to admitting at Adventist Medical Center (HOSPITAL ENTRANCE) by _____ AM/PM.

Your procedure is scheduled on _____ to begin at _____ AM/PM.

You will need a driver and escort to go home approximately one hour after your procedure. Do not plan to drive or work for the rest of the day.

NOTE: If you will be under general anesthesia for your procedure, please have your blood work done within 7 days prior to your procedure date.