COLONOSCOPY PREPARATION INSTRUCTIONS

Follow the instructions on this paper, do NOT follow the instructions on the **Miralax** Box.

STEP 1 — 7 DAYS BEFORE PROCEDURE

DO

- **PURCHASE:**
- **Bisacodyl (Dulcolas laxative)** 4 tablets, not suppositories.
- **Miralax (Gylcolax)** 8.3 oz (238 gm) bottle.
- **Gas-X (Simethicone)** tablets (pink cherry flavor is ok)
- **Gatorade** 64 oz, or any non carbonated clear liquid (iced tea, Crystal Light), NO red or purple colored.
- **At PHARMACY:** Ondansetron (Zofran) anti-nausea medication prescription

DON'T

- Take any fiber supplements & medication containing iron. (Multivitamins, Metamucil, Citrucel, Fibercon)
- Take medications used to thin your blood. Coumadin (warfarin), Plavix (clopidogrel), Xarelto (rivaroxaban), Pradaxa (dabigatran) and Aggrenox. Please check with the doctor who prescribes this medication for instructions on holding it prior to your procedure.
- Take any GLP-1 medications such as Ozempic, Wegovy, Mounjaro, etc., one (1) week before your procedure.

STEP 2 — 3 DAYS BEFORE PROCEDURE

DO

- Confirm you have a driver on procedure day. You can't take a taxi, Uber, Lyft unless accomplanied by another adult.
- If you received paperwork and/or a portal invite from the office (myohiogi.com), please complete prior to your procedure.

DON'T

- Eat high fiber foods/roughage, raw vegetables, corn (cooked or uncooked),
- Eat whole wheat or high fiber breads, nuts, popcorn, bran or bulking agents.

STEP 3 — 1 DAYS BEFORE PROCEDURE

DO

- Start Clear Liquid Diet in the morning and continue until midnight.
- Take 1/2 your regular insulin dose.

DON'T

- Take oral diabetic medications: Diabeta, Glucophage, Metformin, Januvia.
- Eat Solid Food.
- NO Dairy Products, No Alcohol, No Protein Shakes.
- No Red/Purple Colored products

Miralax INSTRUCTIONS

STEP 1 **at 12 NOON:** Take two (2) Dulcolax tablets. Do not crush or chew. Take one (1) Gas-X tablet. Mix 238 gm bottle of Miralax in 64 oz of Gatorade or chosen clear liquid. Shake well until Miralax is dissolved and refrigerate.

STEP 2 **at 3:00 PM:** Take two (2) Dulcolax tablets

STEP 3 **between 4:00 and 7:00 PM:** Begin drinking the solution at a rate of 8 oz every 30 minutes. Drink a total of six (6) glasses during this time. This should leave two glasses (16 oz) for tomorrow. **Take one (1) Gas-X tablet.** Continue clear liquid until bedtime.

Note: You may take one (1) ondansetron (Zofran) tablet every 4-6 hours if needed for nausea.

****YOU MAY DRINK CLEAR LIQUIDS UNTIL MIDNIGHT****

STEP 4 — DAY OF PROCEDURE (AFTER MIDNIGHT)

DO

- Take your approved prescribed morning medications with small sips of water, including prescribed inhalers.
- If you use insulin bring it with you to the procedure center. If your blood sugar is over 300, take insulin according to sliding scale.

DON'T

- Eat Solid Food.
- Take oral diabetic medications: Diabeta, Glucophage, Metformin, Januvia.
- NO Dairy, NO Alcohol, NO Red/Purple Colored Products.
- NO Vaping or marijuana use prior to procedure.

5 Hrs BEFORE your procedure time:

- **Take two (2) Gas-X tablets.**
- **Begin drinking remaining 16oz of prep (8oz every 30 minutes).**
- You may continue liquids until 2 hours prior to procedure.

2 Hrs BEFORE your procedure time:

- DO NOT DRINK ANY LIQUIDS.
- NO gum, mints, hard candy, or tobacco.
- Failure to follow these instructions could result in the cancellation of your procedure.

If you have any preparation issues or questions, contact The Gastroenterology Group (330) 869-0954 or tggakron.com

TGG
THE GASTROENTEROLOGY GROUP

A Colonoscopy has been recommended to you. This examination involves guiding a tubular, flexible instrument through the rectum and into the entire colon. Preparation for the procedure is IMPORTANT. It does cause diarrhea and possibly abdominal cramping.

CLEAR LIQUIDS - No RED or PURPLE

Must be something you can see through...



- Gatorade or PowerAde
- Clear broth or bouillon - chicken or beef
- Coffee or Tea *(no milk or non-dairy creamer)*
- Carbonated and Non-Carbonated Soft Drinks
- Kool-Aid or Crystal Light
- Strained Fruit Juices *(no pulp)*
- Jell-O, Popsicles, or Italian Ice

DON'T FORGET - these foods are **NOT ALLOWED!**



- Milk or milkshakes
- Cream or non-dairy creamer
- Orange, Grapefruit or Tomato Juice
- Creamed Soups or any soup other than broth
- Oatmeal
- Cream of Wheat

Colon Cleansing Tips

:> You may use over the counter hydrocortisone creams, tucks pads or baby wipes as necessary for skin irritation. Be sure to get alcohol free!

:> Chill the solution in refrigerator or by placing in a bowl of ice. DO NOT add ice to the solution.

:> Stay near the toilet! You will have diarrhea, which can be quite sudden...this is normal!

:> If you experience nausea or vomiting, rinse your mouth with water and take a break © Wait 45 minutes and then resume drinking the prep. If necessary, slow down, let your stomach settle between glasses.

:> It is common to experience abdominal discomfort until the stool has flushed from your colon.

:> Some find it easier to drink through a straw.

:> Eventually your stools will be liquid, and clear enough to see the bottom of the toilet.

:> If you feel for any reason your prep is not working, please be sure to call us so we can assist you in completing the prep process.

:> EVEN AFTER STOOLS BECOME CLEAR YELLOW LIQUID-YOU MUST DRINK ALL OF THE PREP!

THINGS TO BRING WITH YOU!

A RESPONSIBLE DRIVER
YOUR INSURANCE CARDS
A PHOTO ID
SIGNED PAPERWORK FOR FACILITY