

## Colonoscopy Two Day Preparation and Instructions

Please follow these instructions carefully. This will avoid having to reschedule if you are not fully cleaned out. You will be called the week prior to verify your appointment and answer any questions you may have.

If you experience nausea during this preparation, take a 45-minute break, then resume drinking the prep.

### 5 Days Before Your Colonoscopy

#### Purchase the following from your Pharmacy

- 238 gram bottle of Miralax
- 4 Dulcolax tablets (5 mg)
- 64 oz of Gatorade (not red, blue, or purple) Assorted clear liquids
- One bottle of Mag Citrate

#### Stop taking the following:

- Ibuprofen, Advil, or any other NSAID (non-steroidal anti-inflammatory drug).
- Fish Oil
- Pepto Bismol
- Iron supplements or multivitamins with iron
- Fiber supplements
- Food with seeds or nuts including strawberries, tomatoes and bananas

### 2 Days Before Your Colonoscopy

**Do not eat solid foods. Drink clear liquids only (nothing red, blue, or purple). You may drink:**

- Water
- Popsicles
- Clear fruit juices such as apple or white grape
- Coffee or tea without cream or dairy
- Gatorade
- Soft drinks, lemon, iced tea Crystal Light
- Plain flavored or unflavored Jello (no red, blue, or purple)

**6 pm** – Drink one 10 oz Bottle of Magnesium Citrate

For more information, please contact

Northern Light Gastroenterology, 417 State Street, Suite 121, Bangor, Maine 04401  
Phone: 207.973.4266 | fax: 207.973.5151

## Day Before Your Colonoscopy

**Do not eat solid foods. Drink clear liquids only** (nothing red, blue, or purple).

**1 pm** - Take 2 Dulcolax tablets

**5 pm**

- Mix 238 gram bottle of Miralax with 64 oz of Gatorade.
- Divide solution, placing half in refrigerator.
- With the other half, drink an 8 oz glass every 10-20 minutes until gone.

**9 pm** - Take 2 Dulcolax tablets

## Day of Your Colonoscopy

**Do not eat solid foods. Drink clear liquids only until 2 hours prior to your procedure.**

**6 hours before your scheduled colonoscopy**

- Finish drinking the Miralax Solution
- Drink an 8 oz glass every 10-20 minutes until gone.

**2 Hours before scheduled colonoscopy**

- Stop all liquids 2 hours before your scheduled colonoscopy time
- Do NOT eat solid foods

Morning medications can be taken with a TINY amount of water EXCEPT diabetic patients who will need to call their primary care provider for instructions.

### Please remember

- Arrive at the time indicated on the front of this pamphlet.
- Have a responsible person adult driver to take you home and stay with you.

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