

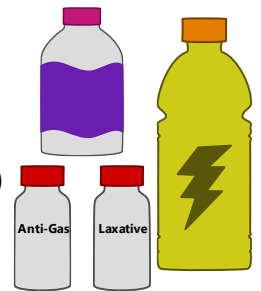
Put these instructions somewhere you can see them. Follow every step to get ready for your colonoscopy. For more information, visit [ohiogastro.com/colonoscopy-preparation/](http://ohiogastro.com/colonoscopy-preparation/). **By the end of your bowel prep, your stool should be a clear or yellow liquid.** If it is still brown, the doctor may not be able to see your colon clearly, and your procedure might need to be rescheduled. Questions? Call 614-754-5500 or visit [ohiogastro.com](http://ohiogastro.com).

## Special Instructions

- If you take a **GLP-1 medicine** (like Ozempic, Wegovy, Mounjaro, or similar), do NOT have it for 7 days before your procedure. Call us if you took any during this time.
- Do not use this MiraLAX preparation and call our office right away for another if you have:
  - **Chronic kidney disease**, are on **dialysis**, or are being **treated for kidney failure**,
  - **Moderate to severe congestive heart failure**,
  - **Any history of seizures or history of bowel obstruction**
- If you have a **heart defibrillator**, call us right away. Your procedure must be scheduled in a hospital.
- If you have **diabetes**, call your primary care doctor to ask if you need to adjust your diabetes medicine before and on the day of your procedure. Check your blood sugar often during this time.
- **WARNING:** This bowel preparation has rarely been associated with low sodium levels. **It is very important to follow every instruction; especially how much you need to drink.**

## 7 Days Before Your Colonoscopy

- Buy these items:
  - 238 g (14 once daily doses) of MiraLAX or a generic brand (like "gentle-lax")
  - Anti-gas tablets with simethicone (like Gas-X) - at least 4 tablets
  - Laxative tablets (Bisacodyl) - at least 2 tablets
  - 64 fl oz of a **sports drink with electrolytes** like Gatorade in any color except red. **DO NOT** mix it with water. It is very important to drink this amount of a sports drink with electrolytes.
- Arrange for a responsible adult to drive you to and from your procedure, sign you out, and remain responsible for your care afterward. **We require a responsible adult driver. If your driver cannot be confirmed when you arrive, we will NOT provide sedation and may reschedule your procedure. Taxi or Uber will NOT be accepted for safety.**
- Stop eating raw vegetables, lettuce, nuts, and foods with small seeds or corn. Stop taking iron (including medicines or multivitamins with iron) and fiber supplements (like Metamucil, Benefiber, or Fибersure) until after your procedure or otherwise instructed by your doctor.



Get more info at  
[ohiogastro.com/colonoscopy-preparation/](http://ohiogastro.com/colonoscopy-preparation/)

**Flip to continue.** →

# Prep Instructions Continued

## Day Before Your Colonoscopy

- Confirm your responsible adult driver.
- Make your **Prep Solution** by mixing the 238 g of MiraLAX and 64 fl oz of a sports drink with electrolytes in a large container. Put it in the fridge.
- 9 a.m. - Drink at least 8 fl oz of clear liquid every hour until 5 p.m.**
- Before 10 a.m.** - Eat a light breakfast of 1 egg with 1 slice of white bread or white toast. You may use salt and pepper. **DO NOT** use butter, toppings, or other seasonings. If you cannot eat this exact meal, start the clear liquid diet early.
- 10 a.m. - Start a clear liquid diet.** Have only clear liquids all day (like water, chicken broth, apple juice, popsicles, Jell-O, coffee, or soda). **DO NOT** have alcohol, red liquids, red Jello, red popsicles, or creamers. **DO NOT** eat any solid food.
- 4 p.m.** - Take 2 laxative (Bisacodyl) tablets.
- 5 p.m.** - Drink 1 glass (8 fl oz) of your Prep Solution every 15 minutes until you finish half of it. Put the rest back in the fridge for tomorrow. Then keep drinking clear liquids to stay hydrated.
- 9 p.m.** - Take 2 anti-gas tablets.



## Day of Your Colonoscopy

- For your safety, we recommend you do not smoke or vape, use marijuana, or chew tobacco.
- Keep drinking clear liquids (no red coloring, alcohol, or creamers) until these instructions tell you to stop. **DO NOT** eat any solid food.
- Patients meeting our policy requirements must take a urine pregnancy test before procedures.
- 4 hours before your arrival time** - Finish the rest of your **Prep Solution** by drinking 1 glass (8 fl oz) of it every 15 minutes until it is gone.
- 3 to 4 hours before arrival time** - Take 2 anti-gas tablets.
- 2 hours before arrival time** - Take your regularly scheduled medicines with small sips of water.
- 2 hours before arrival time** - **STOP drinking water and clear liquids. DO NOT have anything by mouth before your arrival time. DO NOT eat, drink, chew gum, suck on hard candy or use lozenges. If you do, your procedure will be delayed or cancelled.**
- 1 hour before procedure time** - Arrive at the front desk where you will have your procedure so we can get you ready. Bring your insurance card, a photo ID, and a list of your medicines. Leave valuables at home (like cash, watch, and jewelry). Do not wear contact lenses.

