

Put these instructions somewhere you can see them. Follow every step to get ready for your colonoscopy. **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.

Special Instructions

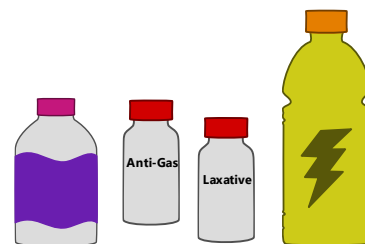
- If you take a **GLP-1 medicine** (like Ozempic, Wegovy, Mounjaro, or similar), do NOT take it for 7 days before your procedure. Call us if you took any during this time.
- Do not use this MiraLAX preparation and call our office right away for another if you have:
 - **Chronic kidney disease**, are 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.
- If you take **blood thinner medicine**, keep taking it unless your doctor tells you to stop or change your dose. Small polyps can usually be removed, and biopsies (removing small pieces of tissue to test) can usually be done safely while you are taking blood thinners. If a large polyp is found when you are taking blood thinners, you may need to have the procedure done again when you are no longer taking blood thinners, as directed by your doctor.
- **WARNING:** This bowel prep has rarely been associated with low sodium levels. **It is very important to follow every instruction; especially how much you need to drink.**

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next page.**



Prep Instructions Continued

7 Days Before Your Colonoscopy



- ☐ Buy these items:
 - 238 g (packaged as 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 take you to and from your procedure, sign you out, and care for you afterward. **This is required. If we cannot confirm your responsible adult when you arrive, we will not provide sedation and may reschedule your procedure. For your safety, taxi, Uber, or public transportation may only be used if your responsible adult is with you.**
- ☐ Stop eating raw vegetables, lettuce, nuts, red liquids, and foods with small seeds or corn until after your procedure or otherwise instructed by your doctor. 
- ☐ Stop taking iron (including medicines or multivitamins with iron), fiber supplements (like Metamucil, Benefiber, or Fibersure), and herbal supplements until after your procedure or otherwise instructed by your doctor. 

Day Before Your Colonoscopy

- ☐ Confirm your responsible adult will go with you to your procedure and care for you afterward.
- ☐ 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.**
- ☐ **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, creamers, or anything red. 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.**

Continue to the next page. 

Prep Instructions Continued

Day of Your Colonoscopy

- ☐ For your safety, we recommend you do not smoke or vape, use marijuana or illicit drugs, 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.
- ☐ **6 hours before your arrival time** - Take the rest of your Prep Solution by drinking 1 glass (8 fl oz) of it every 15 minutes until it is gone. **You must finish the rest of your Prep Solution at least 4 hours before arrival time.** 
- ☐ **After finishing your Prep Solution and at least 4 hours before arrival time** - Take 2 anti-gas tablets.
- ☐ **4 hours before arrival time** - Take your regular medicines with small sips of water.
- ☐ **4 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 canceled.** 
- ☐ **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.