Extended

Colonoscopy Prep Instructions

OhioGastro
Ohio Gastroenterology Group, Inc.

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.
- 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.**

7 Days Before Your Colonoscopy

- ☐ Buy these items:
  - Prescription for your bowel prep product from your pharmacy (If you haven't received a prescription, call our office right away.)
  - 119 g (packaged as 7 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
- ☐ Take 1 dose (1 capful) of MiraLAX **every morning for 7 days before your procedure**. Follow the directions on the bottle. Your last dose should be the day before your appointment.
- ☐ 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.

Flip to continue. →

Prep Instructions Continued

2 Days Before Your Colonoscopy

- ☐ **Before 9 a.m.** - Eat a light breakfast (like toast and eggs)
- ☐ **9 a.m. – Start a clear liquid diet.** Have only clear liquids the rest of the 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.
- ☐ **10 a.m.** - Take 2 laxative (Bisacodyl) tablets.
- ☐ Drink at least 8 fl oz of clear liquid every hour throughout the day.

Day Before Your Colonoscopy

- ☐ Keep drinking clear liquids (no red coloring, alcohol, or creamers) until these instructions tell you to stop. DO NOT eat any solid food.
- ☐ Confirm your responsible adult will go with you to your procedure and care for you afterward.
- ☐ If using GaviLyte-N or an equivalent generic 4 L PEG solution your pharmacy may dispense; mix all of the solution with water per product instructions and place in refrigerator.
- ☐ **9 a.m.** - Drink at least 8 fl oz of clear liquid every hour until 5 p.m.
- ☐ **5 p.m.** - Begin "Step 1" of prescribed bowel prep product instructions. Find the instructions on the next page. Follow only the instructions for the specific bowel prep product you were prescribed.
- ☐ **9 p.m.** - Take 2 anti-gas tablets.

Find your specific prep product instructions on the next page.

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** – Begin "Step 2" of your prescribed bowel prep. **You must finish the rest of your Prep Solution at least 4 hours before arrival time.** Follow only the instructions for the specific bowel prep product you were prescribed.
- ☐ **After completing "Step 2" and at least 4 hours before arrival time** – Take 2 anti-gas tablets and 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.

Bowel Prep Instructions by Specific Product

Please find your specific bowel prep product from the list below and **follow these instructions instead of the instructions on the package**. Follow only the instructions for the prep you were prescribed. **Remember! You will need to complete your bowel prep 4 hours prior to your arrival time.** Questions? Call us at 614-754-5500 or visit ohiogastro.com.

GaviLyte-N or equivalent generic 4 L PEG solution

Step 1: At 5 p.m. - Drink one 8 oz glass of the prep solution every 15 minutes and stop once you have finished half of the bottle (2 L). Place remainder prep in refrigerator for the next morning.

Step 2: Drink an 8 oz glass of the prep solution every 15 minutes until you have finished all the prep solution.

Suprep or Plenvu

Step 1: At 5 p.m. - Mix the first half of the prep solution with water per product instructions. Drink the entire 16 oz container of prep solution. Over the next 1 hour, drink 2 more 16 oz cups of water.

Step 2: Repeat **all** of "Step 1" with the second half of prep solution.

Sutab

This prep must be approved by your procedure physician.

Step 1: At 5 p.m. - Open one bottle of 12 tablets. Fill the provided cup with water to the 16 oz fill line. Swallow each tablet with a sip of water. Finish the remaining water over the next 15-20 minutes. 1 hour after the last tablet is ingested - Drink a second 16 oz container of water. 30 minutes after finishing the second container of water - Drink a third 16 oz container of water.

Step 2: Repeat **all** of "Step 1" with the other bottle of 12 tablets.

Moviprep 2 L PEG solution

Step 1: At 5 p.m. - Mix the first half of the prep solution with water per product instructions. The Moviprep container is divided by 4 marks. Drink the prep solution down to the next mark every 15 minutes until the full 1 L container is complete.

Step 2: Repeat **all** of "Step 1" with the second half of prep solution.

Clenpiq

This prep must be approved by your procedure physician. DO NOT use if you have Congestive Heart Failure or kidney disease. DO NOT dilute, refrigerate, or freeze this prep.

Step 1: Between 5 p.m. and 9 p.m. - Drink all of 1 of the 2 bottles. Follow with at least 5 glasses of 8 fl oz clear liquids. Finish additional liquids over the next 5 hours.

Step 2: Drink the entire second bottle. Follow with at least 4 glasses of 8 fl oz clear liquids.

Suflave

If nausea, bloating, or abdominal cramping occurs, pause or slow down the rate of drinking the solution and additional water until the symptoms diminish.

Step 1: 5 p.m. - Mix the first bottle of prep solution with water per product instructions. Drink 8 fl oz of the solution every 15 minutes until the bottle is empty. Drink an additional 16 fl oz of water.

Step 2: Repeat **all** of "Step 1" with the second dose.

Updated: November 18, 2026