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| . .  **PREPARING FOR YOUR COLONOSCOPY**  **READ THESE INSTRUCTIONS THOROUGHLY** |

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| **STEP 1:**  You will need to purchase the following at least 2 days prior to your colonoscopy:  **A**. One (1) 238g bottle of MiraLAX;  **B**. Four (4) 5mg Dulcolax laxative tablets; and  **C.** At least 64 ounces of a sugar-free drink. Examples include Crystal Light Drink Mix, Powerade Zero, Gatorade Zero, Propel, water or tea. If you use a drink mix, you will need to mix enough drink solution to make 64 ounces. You may want to chill the drink prior to making the MiraLAX solution as this helps with the taste. **NO RED, GREEN OR PURPLE DRINKS.** |

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| **STEP 2**:  On \*\*\*, take four (4) Dulcolax 5mg tablets at 8:00 p.m. with a glass of water. |

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| **STEP 3: (THE DAY BEFORE YOUR COLONOSCOPY)**  **A.** **Begin the Clear Liquid Diet**. Starting on the morning of \*\*\* you will only be able to consume clear liquids. Examples include: water, black coffee, plain tea, broth or bouillon, apple or white grape juice, Jell-O, popsicles, 7-Up, Gatorade, cola. **NO ALCOHOLIC BEVERAGES, MILK PRODUCTS OR ORANGE JUICE**. It is important to drink as much fluid as you can throughout the day. It is also important to include nutrients in your clear liquid diet such as broth or Jell-O.  **DO NOT TAKE ANY RED, GREEN OR PURPLE COLORED CLEAR LIQUIDS**. This includes lime, grape, cranberry, cherry, strawberry or raspberry soda, juices, popsicles or Jell-O’s.  **B.** **Have a Clear Liquid Breakfast**. When you wake up have a clear liquid breakfast as described in Step 3 A. above.  **C.** **IF YOU ARE NOT WORKING THE DAY BEFORE YOUR COLONOSCOPY**:  **Begin the Prep.** One hour after you have had your breakfast, starting drinking the MiraLax prep solution.  **IF YOU ARE WORKING THE DAY BEFORE YOUR COLONOSCOPY:** start the MiraLAX prep upon returning home but no later than 6:00 p.m. If you are working the PM shift, take the MiraLAX prep in the morning and clear liquids the rest of the day. If you work the night shift we recommend you switch shifts or take the night off.  **Mixing the MiraLAX prep solution**: Mix the entire 238g bottle of MiraLAX with 64 ounces of the liquids described in STEP 1C above, like Propel or tea, until the MiraLAX is dissolved. Drink one (1) 8-ounce glass of the solution every 10-15 minutes until the solution is gone. You may want to drink the solution with a straw. The diarrhea effect usually begins within an hour or two, but may take longer. **YOU WILL WANT TO STAY CLOSE TO THE BATHROOM ONCE YOU BEGIN TAKING THE MIRALAX PREP.** You may experience bloating or cramping at the beginning of the prep. This tends to improve once the diarrhea begins. If you develop nausea with vomiting, take a break |

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| **STEP 3 (Continued)**  from drinking the MiraLax solution for about an hour and then resume drinking at a slower rate. It usually takes four (4) hours to complete the prep and diarrhea generally continues for about an hour or two after completing the prep. In the event you experience rectal discomfort from taking the prep, you may want to have some type of lubricant available, such as petroleum jelly.  **D. After the Prep**. Continue the clear liquid diet following the prep until bedtime; **HOWEVER, DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT ON \*\*\*.** The only exception is taking your defined medications as instructed with a sip of water. |

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| **About Your Colonoscopy:**   1. **Please bring a list of your medications and allergies with you to the surgery center.** 2. **The approximate time you will be at hospital is 2-3 hours from the check in time. Once in the procedure room, the colonoscopy takes approximately 30-45 minutes.** 3. **Because you will be sedated during the procedure, you may not be able to remember the procedure or conversations you had with your physician following the procedure. This is why it is important that someone be available to talk with the physician on your behalf about the results of the procedure.** 4. **YOU WILL NOT BE ABLE TO WORK, DRIVE OR OPERATE MACHINERY THE DAY OF YOUR COLONOSCOPY.**   **YOU WILL NEED A DRIVER THE DAY OF YOUR COLONOSCOPY** |