

Colon Bowel Preparation

Begin this preparation guide the day before your procedure. The purpose of the bowel prep is to clean out your colon so the physician can get a clear look at your bowel wall. The first dose cleans out most of the solids and the second dose clears away the remaining residue. If the colon is not clean, the doctor may not be able to see polyps, ulcers, cancers or other conditions. Follow the steps below. Don't stop the prep because of loose or liquid stool.

- Don't eat solid food for the entire day before your procedure, only clear liquids.

You may take all of your regular medications. If you take diabetes medications or prescription blood thinners, follow the special instructions from your primary care providers or anticoagulation management service (AMS).

STARTING THE BOWEL PREPARATION - PART 1 (STEPS 1-5)

Step 1

- **Preparation:** You'll need to purchase the following over-the-counter medications to prepare for your procedure:
 - Miralax 238 gram bottle
 - Dulcolax 5 mg (you will have to buy a whole box but will only need 2 tablets)
- If you prefer to use the generic forms of these medications, ask your pharmacist for assistance.

Step 2

- **The day before your procedure:** At 3 p.m., take two Dulcolax® 5 mg tablets (Bisacodyl tablets) with a full glass (8 oz.) of water.



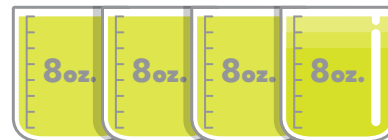
Step 3

- At 3 p.m., mix one bottle (238 or 255 grams) Miralax® (Polyethylene Glycol) powder in 64 fl. oz. of Gatorade™ or other clear liquid. Don't use red-colored liquids.
- Mix until dissolved.
- Place in refrigerator until 5 p.m.



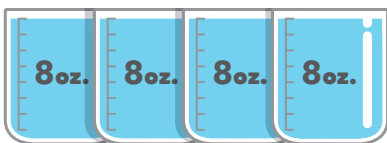
Step 4

- At approximately 5pm, drink one cup (8 oz.) of the Miralax® prep solution. Do this every 10-15 minutes until half (32 oz.) of the mixture is finished.
- Refrigerate the rest of the prep solution to drink in the morning.



Step 5

- Continue to drink one cup (8 oz.) of clear liquid every hour until you go to bed. This will keep you hydrated and help clean your colon.
- You should begin to have loose stools in two to six hours. The stool will become liquid and be lighter in color (see graph on following page).



DAY OF THE PROCEDURE - PART 2 (STEPS 6-8)

- No solid food until your procedure is over.
- You may take all of your regular medications. If you take diabetes medications or prescription bloodthinners, follow the special instructions from your primary care providers or anticoagulation management service (AMS).

Step 6

- Four hours before your scheduled report time begin drinking the remaining prep solution. Drink one cup (8 oz.) every 10-15 minutes until the mixture is gone.



Step 7

- Stop drinking all liquids two hours before your scheduled report time.

Step 8

- Report for the procedure at your scheduled location and follow registration instructions provided.

Bowel Prep Video

Snap a picture of the QR code to take you directly to Digestive Health Tools and Instructions webpage where you can view Preparing for Your Colonoscopy video.



STOOL COLOR GUIDE

Your stool should eventually look like what you are drinking. It will become clear to light yellow, with very few particles.

