

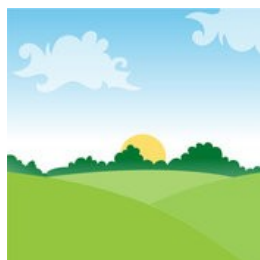
## Two Days Before Colonoscopy

STOP EATING SOLID FOOD AT 7pm.  
**CLEAR LIQUIDS ONLY** UNTIL AFTER  
 YOUR PROCEDURE



## One Day Before Colonoscopy

MORNING

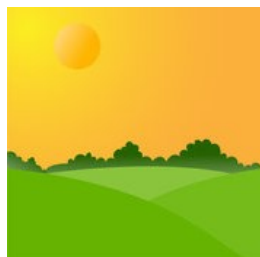


- CLEAR liquid diet for breakfast
- **NO SOLID FOOD!**



CLEAR LIQUID DIET

AFTERNOON



- Clear liquid diet for lunch
- **NO SOLID FOOD!**
- **12pm:** Take **4** Bisacodyl Laxative (Dulcolax) **5mg** tablets with water




EVENING



- Clear liquid diet for dinner
- **NO SOLID FOOD!**
- **5pm:** Mix 238g bottle (14doses) **MiraLAX** with 64 oz Clear Liquid
- Shake/Stir until dissolved
- Drink 8 oz every 10-15 minutes until  $\frac{3}{4}$  of mix is gone



**CONTINUED ON BACK**

	<ul style="list-style-type: none"> <li>• <b>6pm:</b> Take 1 Simethicone (Gas-X) 125mg every 6 hours</li> <li>• Stop 4 hours before procedure</li> </ul>	
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## The Day of Procedure

<p>(Early) MORNING</p> 	<ul style="list-style-type: none"> <li>• Clear liquids ONLY</li> <li>• NO SOLID FOOD!</li> <li>• <b>5 hours BEFORE</b> procedure: Finish the MiraLAX mixture</li> </ul>	
<p><b>4 Hours BEFORE</b> your procedure STOP ALL LIQUIDS! <b>NOTHING</b> BY MOUTH until after procedure (no water, medications, mints, gum, etc)</p>		 <p>No Food or Drink</p>

## How to Know Your Prep is Working



**If you are currently on any prescription blood thinners, diabetic or weight loss medications such as Plavix, Coumadin, Brilinta, Effient, Pradaxa, Xarelto, Eliquis or Ozempic, Mounjaro, Trulicity, Victoza or Insulin**

**PLEASE CALL US (435) 359-9947 FOR DIRECTIONS ON HOW TO MANAGE THESE MEDICATIONS PRIOR TO YOUR PROCEDURE**

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