

## 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!**



AFTERNOON



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



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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, set remainder in fridge for tomorrow



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**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

(Early) MORNING 	<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>	 + 
<b>3 Hours BEFORE</b> your procedure STOP ALL LIQUIDS! <b>NOTHING</b> BY MOUTH until after procedure (no water, medications, mints, gum, etc)		 No Food or Drink

## How to Know Your Prep is Working

				
DARK AND MURKY. <b>NOT OK</b> 	BROWN AND MURKY. <b>NOT OK</b> 	DARK ORANGE AND SEMI-CLEAR. <b>NOT OK</b> 	LIGHT ORANGE AND MOSTLY CLEAR. <b>ALMOST THERE!</b> 	YELLOW AND CLEAR, LIKE URINE. <b>YOU'RE READY!</b> 

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 BEFORE YOUR PROCEDURE