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Colonoscopy Extended Preparation Instructions

IT IS EXTREMELY IMPORTANT THAT YOU FOLLOW THESE INSTRUCTIONS TO ENSURE A GOOD PREP. A GOOD PREP IS THE ONLY WAY, WE CAN PROVIDE YOU WITH A THOROUGH EXAMINATION

Do NOT take any NSAIDS 7 days prior to your procedure. In addition, please STOP taking any of the following:

Advil Alka-Seltzer Ibuprofen Arthrotec Vitamin E Iron pills Mobic Multivitamins Motrin Aleve
Naproxen Fish Oil (Omega -3) Lodine Diclofenac Naprosyn Meloxicam Pepto-Bismol Excedrin Ginko Biloba
Celebrex ****Aspirin**

****If you are taking aspirin under the direction of a cardiologist to prevent a stroke or heart attack, then we will likely have you continue taking it. You may take Tylenol or Acetaminophen for pain.**

Five Days Before Your Exam

- Eat low fiber diet: avoid nuts, seeds, corn, raw (uncooked) fruits and vegetables.
- Twice during the day, mix 17 grams (1 capful) of Miralax with 8 oz. or water, juice or liquid of your choice, and drink it.
- Stop oral iron supplements. You can resume after your procedure.

Four Days Before Your Exam

- Drink at least 8 glasses of water during the day. Continue a low fiber diet
- Twice during the day, mix 17 grams (1 capful) of Miralax with 8 oz. of water, Juice or liquid of your choice, and drink it.

Three Days Before Your Exam

- Drink at least 8 glasses of water during the day. Continue a low fiber diet
- Twice during the day, mix 17 grams (1 capful) of MiraLAX with 8 oz. of water, juice or liquid of your choice, and drink it.

Two Days Before Your Exam

- **No solid food for the entire day**
- You **cannot** eat solid food until **AFTER your exam**
- Twice during the day, mix 17 grams (1 capful) of MiraLAX with 8 oz. of water, juice or liquid of your choice, and drink it.
- You can only have clear liquid, such as JELL-O (no red or blue color), popsicles, broth, tea and juice

The Day Prior to your Exam

- **No solid food for the entire day *Clear liquids only**
- Follow additional prep instructions attached