## Extended Colonoscopy Preparation

### Preparing for your procedure

Your colonoscopy is scheduled for: ____________________________

Please check in at: _________ a.m./p.m.

Show your current insurance card and photo ID at check-in.

**Doctor:** ____________________________

**Pharmacy:** ____________________________

<table>
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<tr>
<th>What you’ll need</th>
<th>7 days before your procedure</th>
<th>6 days before your procedure</th>
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| Your prescription bowel preparation (see below) will be available at the pharmacy written in above 7 days before your procedure. | • Talk to your primary care clinician about stopping any:  
  » Anticoagulation medications, such as apixaban (Eliquis), dabigatran (Pradaxa), rivaroxaban (Xarelto) or warfarin (Jantoven or Coumadin).  
  » Antiplatelet medications, such as clopidogrel (Plavix).  
  • Ask your primary care clinician for instructions if you:  
  » Take insulin for diabetes.  
  » Have heart valve disease.  
  » Had heart valve replacement.  
  • Stop taking multivitamins and other medications with iron. | • Twice during the day, mix and drink 17 grams (1 capful) of MiraLAX with 8 ounces of water, juice or liquid of your choice.  
  • Drink at least eight 8-ounce (237-milliliter) glasses of water throughout the day. Cross out each square as you drink a glass. |
| • MiraLAX (a laxative)—8.3-ounce (238 grams) bottle | | |
| • Bisacodyl—4 tablets that must contain 5 milligrams of Bisacodyl, such as Dulcolax laxative tablets (Don’t use Dulcolax stool softener.) | | |
| • GoLYTELY (a laxative)—8 liters (you’ll only use 6 liters [24 cups, 8 ounces each]) | | |
| • Ondansetron hydrochloride (Zofran) (anti-nausea and anti-vomiting medicine)—3 tablets | | |

### 5 days before your procedure

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<tr>
<td>• Start eating a low-fiber diet. A low-fiber diet helps make the bowel preparation more effective. See the handout Low-Fiber Diet Guidelines (#20953).</td>
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<td>• Stop taking Metamucil or FiberCon fiber supplements.</td>
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### 4 days before your procedure
- Continue the low-fiber diet.
- Two times during the day, mix and drink 17 grams (1 capful) of MiraLAX with 8 ounces of water, juice or liquid of your choice.
- Drink at least eight 8-ounce (237-milliliter) glasses of water throughout the day. Cross out each square as you drink a glass.
- Don’t eat any solid food.
- Two times during the day, mix and drink 17 grams (1 capful) of MiraLAX with 8 ounces of water, juice or liquid of your choice.
- Drink at least eight 8-ounce glasses of water throughout the day. Cross out each square as you drink a glass.
- Don’t eat any solid food. Begin a clear-liquid diet. Clear liquids look like colored water and you can see through at room temperature.
- Don’t drink any red or purple liquids. The color may interfere with your procedure.
- You may have any of the following:
  - Water, clear broth or bouillon, coffee or tea without milk or nondairy creamer, Jell-O, Popsicles and hard candy
  - Gatorade or Powerade noncarbonated sports drink—Regular Gatorade, regular Powerade, Gatorade G2 and Powerade Zero are OK. Choose a green-, yellow- or clear-colored flavor. Don’t use powdered Gatorade.
  - Pedialyte, carbonated and noncarbonated soft drinks, Kool-Aid or other fruit-flavored drinks and strained fruit juices without pulp (apple, white grape, white cranberry)
- Two times during the day, mix and drink 17 grams (1 capful) of MiraLAX with 8 ounces of water, juice or liquid of your choice.
- Drink at least eight 8-ounce glasses of water throughout the day. Cross out each square as you drink a glass.
- Complete the health history form provided.

### 3 days before your procedure
- Continue the low-fiber diet.
- Two times during the day, mix and drink 17 grams (1 capful) of MiraLAX with 8 ounces of water, juice or liquid of your choice.
- Drink at least eight 8-ounce (237-milliliter) glasses of water throughout the day. Cross out each square as you drink a glass.
- Don’t drink any alcoholic beverages.
- Don’t eat any solid food after midnight.

### 2 days before your procedure
- Don’t eat any solid food. Begin a clear-liquid diet. Clear liquids look like colored water and you can see through at room temperature.
- Don’t drink any red or purple liquids. The color may interfere with your procedure.
- You may have any of the following:
  - Water, clear broth or bouillon, coffee or tea without milk or nondairy creamer, Jell-O, Popsicles and hard candy
  - Gatorade or Powerade noncarbonated sports drink—Regular Gatorade, regular Powerade, Gatorade G2 and Powerade Zero are OK. Choose a green-, yellow- or clear-colored flavor. Don’t use powdered Gatorade.
- Two times during the day, mix and drink 17 grams (1 capful) of MiraLAX with 8 ounces of water, juice or liquid of your choice.
- Drink at least eight 8-ounce glasses of water throughout the day. Cross out each square as you drink a glass.
- Complete the health history form provided.

### 1 day before your procedure
- Continue the clear liquid diet.
- At noon (12 p.m.), take 4 bisacodyl tablets. You may or may not have a bowel movement after taking these tablets.
- Between 4 and 6 p.m., begin drinking 4 liters (16 cups, 8 ounces each) of GoLYTELY. Drink one 8-ounce glass every 10 minutes. Refrigerate the remaining 4 liters.
- If you experience nausea or vomiting, rinse your mouth with water and take a 15- to 30-minute break. Then continue drinking the solution. Take Zofran for nausea if needed according to instructions on the package.
- Expect to have diarrhea. You may see results right after drinking the solution, or it may take a bit longer. You may feel chilled.
- Continue to drink clear liquids. Drinking clear liquids makes sure you’re hydrated well enough and helps your bowel preparation fully clean out your colon.
- Drink at least 8 glasses of water during the day. Cross out each square as you drink a glass.

### Day of your procedure
- 4 hours before your procedure, drink 2 liters (8 cups, 8 ounces each) of GoLYTELY. Drink one 8-ounce glass every 10 minutes.
- 3 hours before your procedure, stop drinking all liquids, including water.
- You may take your morning medicines with 4 ounces of water after finishing your preparation.
- Your stool should be clear or yellow liquid. If you’re unsure whether your colon is clean, call your gastroenterology clinic (see the handout Gastroenterology and Endoscopy Locations) before leaving for your procedure.
- Bring the following to your procedure: Health insurance card, photo ID, completed health history form, adult to drive or ride with you home.