## Extended Colonoscopy Preparation

It is important that you follow the directions below exactly as they are stated. It is very important that your colon (large intestine) is completely clean and empty. This is so your exam will be comfortable, accurate and safe.

### 6 days before exam
- Drink at least 8 glasses of water during the day.

### 5 days before exam
- Drink at least 8 glasses of water during the day.
- Start a low-fiber diet.
  - No raw fruits or vegetables
  - No whole wheat or high fiber
  - No nuts or popcorn
  - No Metamucil, Fibercon, bran or bulking agents
  - Stop any iron supplements
- Twice during the day, mix 17 grams (1 capful) of MiraLAX with 8 oz. of water, juice or liquid of your choice.

### 4 days before exam
- Drink at least 8 glasses of water during the day.
- Continue the 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.

### 3 days before exam
- Drink at least 8 glasses of water during the day.
- Continue the 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.

### 2 days before exam
- Drink at least 8 glasses of water during the day.
- Begin a clear liquid diet.
- You can have water, clear broth or bouillon, coffee or tea (without milk or creamer), Gatorade, Powerade, Pedialyte, carbonated and non-carbonated soft drinks, Kool-Aid or other fruit flavored drinks, strained fruit juices (no pulp), Jell-O, popsicles and hard candy. NO RED OR PURPLE LIQUIDS.
- Twice during the day, mix 17 grams (1 capful) of MiraLAX with 8 oz. of water, juice or liquid of your choice.

### 1 day before exam
- Drink at least 8 glasses of water during the day.
- Continue the clear liquid diet.

### Day of exam
- 5 hours before your appointment time: Drink 2 liters of GoLYTELY.
- Continue clear liquid diet, including water.
- 3 hours before your appointment time: Stop drinking liquids. (You may take your morning medicines with 4 ounces of water.)
- Please do not wear fragrant perfumes or lotions today.
- Your stool should be clear yellow to be ready for the exam.

### Things to bring to the exam:
- Someone to drive you home
- Insurance card
- Health history form
- Picture ID

### Pharmacy

You must have someone drive you home after your exam.