



Extended Preparation Instructions Colonoscopy

Your provider has ordered additional days of preparation for the week leading up to your procedure to ensure an adequate prep. Please follow the below steps in addition to the main prep ordered by your provider.

Items to Purchase for Extended Prep Days
<ul style="list-style-type: none">• One 238-gram bottle of Miralax powder (polyethylene glycol 3350)• Your choice of one of the following drink solutions:<ul style="list-style-type: none">○ Physician preferred option: Pre-mixed Hydralyte (orange or lemonade flavored) or Hydralyte powdered drink mix (orange or lemonade flavored) (view hydralyte.com/where-to-buy for retailers)○ Option 2: Pre-mixed Gatorade (NO red)○ Option 3: Crystal Light powdered drink mix (NO red)
5 Days Before Procedure
✓ Begin taking 17 grams of Miralax twice (2x) daily. (17 grams = a capful)
4 Days Before Procedure
✓ Continue taking 17 grams of Miralax twice (2x) daily. (17 grams = a capful)
3 Days Before Procedure
✓ Avoid high-fiber foods, whole grains, nuts, seeds, popcorn, raw or dried fruits and vegetables, salads, etc. ✓ Continue taking 17 grams of Miralax twice (2x) daily. (17 grams = a capful)
2 Days Before Procedure
✓ Beginning at 5:00pm , you should have NO SOLID FOOD . You should begin a clear liquid diet. <ul style="list-style-type: none">- Clear liquids may include water, soft drinks, coffee or tea without cream, popsicles, broth/bouillon, Jell-O, non-pulpy juice, etc.- DO NOT drink anything red in color OR dairy products. ✓ 5:00pm : Mix the remainder of Miralax into the 32 ounces/1 liter of drink solution and drink the full amount. ✓ ON THE FOLLOWING PAGE, SEE THE PREP INSTRUCTIONS FOR THE DAY BEFORE PROCEDURE AND DAY OF PROCEDURE .