



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.

<i>Items to Purchase for Extended Prep Days</i>
<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)
<i>5 Days Before Procedure</i>
✓ Take 17 grams of Miralax (17 grams = a capful) mixed into 8 ounces of your selected drink solution twice (2x) throughout the day.
<i>4 Days Before Procedure</i>
✓ Take 17 grams of Miralax (17 grams = a capful) mixed into 8 ounces of your selected drink solution twice (2x) throughout the day.
<i>3 Days Before Procedure</i>
✓ Avoid high-fiber foods, whole grains, nuts, seeds, popcorn, raw or dried fruits and vegetables, salads, etc. ✓ Take 17 grams of Miralax (17 grams = a capful) mixed into 8 ounces of your selected drink solution twice (2x) throughout the day.
<i>2 Days Before Procedure</i>
✓ 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 32 ounces/1 liter of your selected drink solution and drink the full amount. ✓ ON THE FOLLOWING PAGE, SEE THE PREP INSTRUCTIONS FOR THE DAY BEFORE PROCEDURE AND DAY OF PROCEDURE .