



**TEXAS MODERN
GASTROENTEROLOGY**

COLONOSCOPY BOWEL PREP INSTRUCTIONS

Your bowel must be empty so that your doctor can clearly and safely view your colon. Follow all of the instructions exactly as they are written.

PLEASE DO NOT SMOKE, VAPE, DIP, OR USE MARIJUANA ON THE DAY OF YOUR PROCEDURE, OR YOUR PROCEDURE WILL BE CANCELLED.

Medications:

If you take insulin, medications for diabetes, or blood thinners, you **MUST** call the doctor who orders those medications for instructions on altering the dosage before your Colonoscopy.

If you take **weight loss medications**, like Semaglutide, Tirzapatide, or Phentermine, these **MUST** be discontinued **2 weeks** before your procedure.

All other medications, including Aspirin, should be taken on the day of the exam with a sip of water, unless otherwise instructed by your doctor.

Diet:

Starting **THREE** days before your Colonoscopy, do **NOT** eat high fiber foods, such as popcorn, beans, seeds, multigrain bread, nuts, salad/vegetables, fresh or dried fruit. These do not digest well and can clog the camera or make your colon not clear out well.

ON THE DAY BEFORE YOUR COLONOSCOPY, do NOT eat any solid foods. You must use clear liquids only.

You **MAY** drink:

Gatorade, Pedialyte, Powerade, clear broth or bouillon, coffee or tea (with no milk or creamer), soft drinks, Kool-Aid or other fruit flavored drinks, strained fruit juices without pulp, Jell-O, Popsicles, hard candy, water

You **MAY** not drink:

Alcohol, milk or non-dairy creamer, noodles or vegetables in soup, juice with pulp, liquid you cannot see through

TIPS FOR A SUCCESSFUL BOWEL PREPARATION

1. Drink it SLOWLY – do not try to chug it. It will cause nausea and will not work. Drink it as directed with small sips at a time.
2. If you get nauseous, drink it more slowly. Your doctor has prescribed a medication called Zofran (Ondansetron) and you can take it.
3. If you do not feel cleared out, you may take one dose of Miralax to help clear you out
4. You will develop significant diarrhea after drinking the bowel prep. Plan to be near a restroom. This is normal as it means the medication is working to clear stool from your colon.
5. At the end, your stool should look clear yellow, like lemonade
6. COMPLETE THE ENTIRE BOWEL PREPARATION MEDICATION, even if you feel you are already cleared out.
7. YOU MUST STOP ALL LIQUIDS 4 HOURS BEFORE YOUR SCHEDULED PROCEDURE TIME

MIRALAX BOWEL PREP INSTRUCTIONS

Purchase the following from your local pharmacy:

- Six Dulcolax laxatives tablets containing 5 mg of bisacodyl each (NOT Dulcolax stool softener)
- One 8.3 ounce bottle of Miralax (238 grams) or generic equivalent
- Two 32-ounce bottles of Gatorade (NOT RED)
- People with diabetes should use Gatorade G2 (NOT RED)

Mix ½ of the Miralax bottle (119 grams) in each 32 ounce Gatorade bottle until dissolved. Keep cool in the refrigerator. DO NOT ADD ICE.s

Part 1: Between 4:00 PM – 5:00 PM on the evening before your Colonoscopy

1. Take 3 Dulcolax laxatives with water and wait 15 to 30 minutes
2. Drink 32 ounces of the mixed solution by drinking an 8-ounce glass of bowel preparation every 15 minutes for a total of 4 glasses
3. Fifteen minutes later, drink an 8 ounce glass of clear liquid every 15 minutes for a total of two glasses
4. You may continue to drink clear liquids through the evening.

Part 2: Starting 6 hours before your scheduled procedure time

1. Take 3 Dulcolax laxatives with water and wait 15 to 30 minutes
2. Take the other 32 ounce bottle of mixed solution and drink an 8-ounce glass of bowel preparation every 15 minutes for a total of 4 glasses
3. Fifteen minutes later, drink an 8 ounce glass of clear liquid every 15 minutes for a total of two glasses
4. 4 hours before your scheduled procedure time, you should stop drinking all clear liquids. This means you should not have anything to eat or drink 4 hours before your Colonoscopy.

DO NOT USE ANY TOBACCO PRODUCTS ON THE DAY OF THE PROCEDURE! THIS INCLUDES SMOKING, DIP, VAPES, MARIJUANA USE, ETC OR THE PROCEDURE WILL BE CANCELLED.