



# PREPARATION INSTRUCTIONS

## Miralax Prep

### Purchase list:

- Magnesium Citrate /Miralax (10 oz/238grams)
- Gatorade or Powerade 64 oz-no red or purple
- Biscodyl/Dulcolax 5mg-4 tablets

### 14 Days Prior to Exam

Stop any diet pills, metabolite or herbs

### 5 Days Prior to Exam

Stop Advil, Ibuprofen, Motrin, Aleve, Naprosyn, Iron, Aspirin or any medication take for Arthritis. You may take Prednisone. Tylenol may be used for discomfort.

### 1 Day Prior to Exam

Begin a clear liquid diet. See list below. Also, drink 1 whole bottle of magnesium Citrate (10 oz) around 2:00p.m. Chill before drinking.

**Take** four 5mg Duocolax laxative tablets at 1:00pm before beginning your Miralax/Gatorade solution.

**Mix** one bottle of Miralax (238gms) in 64 ounces (one-half gallon) of Gatorade. Chill before consumption.

**Begin drinking** the Miralax/Gatorade solution at 6:00pm on \_\_\_\_\_. Try to drink one glassful every 10-15 minutes. It is best to drink each glass quickly. The entire prep should be consumed within 2-4 hours. **Note:** It takes the entire laxative solution to do a complete cleansing for an optimal exam. If your colon is not fully cleaned your screening may be rescheduled.

### Note

Feelings of bloating, chills, and /or nausea are common after the first few glasses due to the large volume of fluid ingested. This is temporary and will improve once the bowel movements begin. They may continue intermittently for one to two hours after the last glass is finished. Most people have bowel movement within an hour or two of starting the laxative. There can be a delay of four hours. Be patient and stay close to the bathroom.

You may have clear liquids until midnight on \_\_\_\_\_.

Do not eat or drink anything until after the exam.

### Clear Liquids List for Miralax Prep:

- Strained fruit juices with the pulp (apple, white grape or lemonade only)
- Water
- Clear broth or bouillon
- Coffee or tea without milk or non dairy creamer
- Gatorade, Soft drinks, Kool-aid, or other fruit flavored drinks
- Plain Jell-O without fruit or toppings

### Important Note On Clear Liquid Selections:

- Anything with red or purple color is not allowed
- Milk products or solids are not allowed

## SuPrep-Split Dose Regimen

### Purchase list:

- Suprep Bowel Prep Kit (17.5g/3/13g/1.6g) per 6 ounces

### 14 Days Prior to Exam

Stop any diet pills, metabolite or herbs

### 5 Days Prior to Exam

Stop Advil, Ibuprofen, Motrin, Aleve, Naprosyn, Iron, Aspirin or any medication take for Arthritis. You may take Prednisone. Tylenol may be used for discomfort.

**The day before** your colonoscopy, beginning at \_\_\_\_\_.

Begin a clear liquid diet. See list below.

### Step 1

Pour One (1) 6 ounce bottle of SUPREP liquid into the mixing container.

### Step 2

Add cool drinking water to the 16 ounce line on the container and mix. Make sure solution is diluted

### Step 3

Drink ALL the liquid in the container

### Step 4

IMPORTANT-You must drink two (2) more 16 ounce container of water over the next hour

**The day of** your colonoscopy, beginning at \_\_\_\_\_.

Prepare second dose.

Repeat Steps 1 through 4 detailed above using the other 6 ounce bottle contained in the kit.

### Note:

You must finish drinking the final glass of water at least 2 hours, or as directed, before your colonoscopy

### Clear Liquids List for SuPrep:

- Water
- Limeade or lemonade
- Chicken broth
- Gelatin desserts
- Strained fruit juices, without pulp, including apple, orange, white grape, or white cranberry
- Coffee or tea

### Important Note On Clear Liquid Selections:

- Anything with red or purple color is not allowed
- Dairy or non dairy creamers are not allowed

## Movi-Prep Split Dose Regimen

### Purchase list:

- Movi-Prep Kit

### 14 Days Prior to Exam

Stop any diet pills, metabolite or herbs

### 5 Days Prior to Exam

Stop Advil, Ibuprofen, Motrin, Aleve, Naprosyn, Iron, Aspirin or any medication take for Arthritis. You may take Prednisone. Tylenol may be used for discomfort.

### Step 1

Mix first dose

Empty 1 pouch 'A' and 1 pouch 'B' into the disposable container

Add lukewarm drinking water to the top line of the container. Mix to dissolve

If preferred, mix solution ahead of time and refrigerate prior to drinking. The mixed solution should be used within 24 hours.

### Step 2

Drink First dose

The MoviPrep container is divide by 4 marks. Every 15 minutes, drink the solution down to the next mark (approx. 8oz), until the full liter is consumed.

Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure hydration and an effective prep.

**The morning of** your colonoscopy, beginning at \_\_\_\_\_.

### Step 3

Mix second dose

Following mixing instructions detailed in Step 1

### Step 4

Drink Second dose

Follow drinking instructions detailed in Step 2

### Clear Liquids List for Movi-Prep:

- Water
- Ginger Ale
- Gatorade
- Broth
- Apple juice

### Important Note On Clear Liquid Selections:

- Anything with red or purple color is not allowed