

# My Colonoscopy Prep Calendar—Two Day Bowel Prep



**7 days**  
before  
procedure

## Your Pharmacy Shopping List:

- 5mg Dulcolax tablets (or generic equivalent called bisacodyl).
- Two bottles of Miralax (or generic equivalent called polyethylene glycol): One 238g (8.3 oz.) bottle and one 119g (4.1 oz.) bottle.
- One 64oz and one 32oz Gatorade, Pedialyte or any clear liquid of your choice (Any color EXCEPT for RED, BLUE or PURPLE).
- One bottle Milk of Magnesia (or generic equivalent magnesium hydroxide).



**7 days**  
before  
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## Your Grocery Shopping List:

- Purchase clear liquid products—examples include:
  - sports drinks (not red, blue or purple)
  - apple or white grape juice
  - ginger ale
  - clear broth or bouillon
  - water
  - coffee/tea without milk
  - clear carbonated beverages
  - plain Jell-O (not red, blue or purple and no fruit or toppings)
  - Italian ice



**5 days**  
before  
procedure

- Stop taking any iron supplements.
- Confirm ride and contact phone number to your colonoscopy. You **MUST** have a ride home from a responsible adult as you will have received sedation for the procedure. (**NO** taxis, Lyft, Uber, etc).
- Please inform the person providing your ride that the appointment will take approximately 2½–3 hours.



**3 days**  
before  
procedure

- STOP eating nuts, seeds, corn, beans or any vegetable with a skin.
- STOP taking fiber supplements.
- Take 2 tbsp. (30cc) of Milk of Magnesia at dinner time.
- If you are **unable** to make your appointment, please call: **603.665.2470**.

New Hampshire Gastroenterology requires **72 hour notice** for cancellations, as we maintain a waiting list for these appointments.

Thank you for your consideration.



Please see important **medical information on the reverse side**



**2 days**  
before  
procedure

- 3 PM:** Stop eating solid foods and start drinking clear liquids only.
- 6 PM:** Mix the 119g bottle of Miralax into 32oz. of the clear liquid of your choice and shake until dissolved. Drink 8 oz every 10-15 minutes until the bottle is empty. It will take approximately one hour to drink all 32oz. Expect some discomfort.



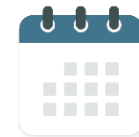
**1 day**  
before  
procedure

- Consume only **CLEAR LIQUIDS** the entire day (no solid food, dairy, juice with pulp, alcohol or anything red, blue or purple in color).
- 3 PM:** Take 10 mg total of Dulcolax.



**1 day**  
before  
procedure  
continued

- 6 PM:** Mix Miralax 238g bottle with 64oz. Gatorade and shake until dissolved. Drink 8oz every 10-15 minutes until the bottle is **HALF EMPTY** (drink it fast). It will take approximately one hour to drink half the solution. Expect some discomfort.



**procedure day**

- Have **NOTHING to eat or drink after midnight**, except for finishing the Gatorade and/or taking any medications as ordered.
  - 5 hours before your check-in time:** FINISH the Miralax drinking 8oz. every 10-15 minutes until the bottle is empty
- Important:**
- If you are on **blood pressure medication**, you must **take your medication the morning** of your procedure, prior to check-in.

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## IMPORTANT information

Please continue your daily medication regimen except for:

- Diabetic Patients:** Do not take any diabetes medication on the day of your procedure. If you have any questions, please call your prescribing provider. If you take insulin, call your prescribing provider and ask for instructions.
- Patients on Blood Thinners: YOU MUST** check in with your prescribing physician before stopping your medication. If you are currently taking an ASPIRIN daily, do not stop. Below is a list of common blood thinners and when, with **physician approval**, to discontinue them:
  - Ticlid (ticlopidine)—stop 10 days prior to procedure
  - Effient (prasugrel)—stop 7 days prior to procedure
  - Coumadin (warfarin), Plavix (clopidogrel) or Brilinta—stop 5 days prior
  - Pradaxa (dabigatran), Eliquis (apixaban) or Xarelto (rivaroxaban)—stop 48 hours prior
- Patients on Erectile Dysfunction medication:** Viagra, Cialis, Adcirca, Sildenafil or Revatio—stop 24 hours prior.
- Please **bring a list of your current medication** to the procedure and include dosing information.
- You will be contacted by Endoscopy **one week prior** to your procedure to review important details. You will also be contacted 48 hours prior to the procedure to be given your arrival time.
- If you have any discomfort** around the perianal region, use wet wipes instead of toilet paper and apply Vaseline or A&D Ointment to the rectum.
- If you **are unable to make your appointment**, please call: **603.665.2470**. New Hampshire Gastroenterology requires **72 hour notice** for cancellations, as we maintain a waiting list for these appointments. Thank you for your consideration.