Your Procedure:
You are scheduled for a colonoscopy, a procedure in which a doctor examines the lining of your large intestine by looking through a flexible tube called a colonoscope. If growths or other abnormalities are found during the procedure, the doctor may remove the abnormal tissue for closer examination or biopsy.

YOUR BOWEL PREP IS EXTREMELY IMPORTANT! PLEASE READ INSTRUCTIONS CAREFULLY.

<table>
<thead>
<tr>
<th>1 Week Prior</th>
<th>3 Days Prior</th>
<th>2 Days Prior</th>
<th>1 Day Prior</th>
<th>Procedure Day</th>
</tr>
</thead>
</table>
| Purchase the following:  
-Miralax, 238 g bottle  
-Dulcolax laxative, 4 tablets (no prescription needed)  
-Gatorade or Crystal Light. 64 oz (no red or purple)  
 Other __________________| Begin low fiber diet. See handout for details.  
-Stop consuming all high-fiber foods.  
-Last chance to cancel appointment. Call your physician’s office at the number below if you need to reschedule your procedure or if you have any questions: | Continue low fiber diet.  
-Drink at least 4 large glasses of water throughout the day. | Begin clear liquid diet.  
-Drink at least 4 large glasses of water throughout the day. | 2nd Part of Split Prep  
-5-6 hours before your procedure: Drink 8 oz of prep solution every 15 minutes until the 2nd half of the solution is finished. (NOTE: This should be completed at least 4 hours prior to your procedure.)  
-After your prep, the results should appear clear yellow or clear green liquid with no solid matter. If not, please call your doctor at the office or medical exchange.  
-Nothing by mouth within 4 hours of scheduled procedure time – including gum, hard candy/mints & NO smoking tobacco, marijuana, or use of e-cigarettes the day of your procedure.  
-You may take your essential morning medications with 4 tablespoons (2 oz) of water, 2-4 hours prior to your procedure, unless otherwise directed by your physician.  
-Bring the following:  
-Responsible adult driver to stay with you and drive you home. Your procedure will not start without your driver present.  
-Insurance Cards  
-Driver’s License/Photo ID  
-Any co-insurance fees due |

No solid foods after midnight!

| Procedure Day |

No solid foods after midnight!