JOHN WILLIAMS M.D.

You need to buy the following (no prescriptions are needed):

1. One 64 oz. or two 32 oz. bottles of Gatorade, Propel, Crystal Light, or other noncarbonated clear liquid drink (*no red colors*). If you have diabetes, you may use sugar-free Gatorade. Refrigerate if you prefer to drink it cold.

2. Dulcolax laxative tablets- You will need 6 tablets for the prep (not suppositories or stool softener)

3. Miralax 238 grams (8.3 ounces) powder or generic polyethylene glycol 3350 (can find in laxative section)

4. Infant's Mylicon Liquid (generic: Simethicone)- You will need one bottle (ask pharmacist for substitute if this brand is not available

One week prior to your colonoscopy:

1. Discontinue fiber supplements: Metamucil, Citrucel, Fibercon, etc... 2. Discontinue taking iron pills or medications that can cause bleeding (Aleve, Naprosyn, Motrin, ibuprofen, sulindac, or any other NSAID). Use **Tylenol** for pain, if needed.

3. Discontinue **Plavix/Aggrenox**- check with your cardiologist or prescribing physician prior to stopping

4. If you are on **Aspirin** because of a history of stroke or heart disease, then

continue aspirin; otherwise stop it.

5. Discontinue all over the counter herbal products/ Vitamin E.

Five days prior to your colonoscopy stop **Coumadin**- check with your cardiologist or prescribing physician prior to stopping.

Two days prior to your colonoscopy consume a low residue diet Allowed:
soup, fish, chicken, eggs, white rice, bread, crackers, plain yogurt, pasta, potato with no skin, gelatin, broth, bouillon, all liquids

Avoid: fresh and dried fruit, all vegetables, raisins, nuts, seeds, cloves, any other meat besides what is listed above

****DO NOT UNDERGO ANY BARIUM PROCEDURES****

One day before the colonoscopy: this is the prep day; only clear liquids are allowed until your colonoscopy is completed. Consumption of anything other than clear liquids will impair the quality of the prep and thus impair the quality and safety of the colonoscopy. You may have clear liquids up until 6 hours prior to your colonoscopy. Nothing by mouth for 6 hours prior to the procedure unless directed to do so.

Begin the colon prep as detailed below.

1) In the morning, in a pitcher mix the 8.3 oz of Miralax with the 64 oz of Gatorade and 3 milliliters (cc) of the Mylicon Drops. Stir/shake the contents until the entire contents of Miralax are completely dissolved. Chill if desired.
2) At 1 pm take 3 tablets of Dulcolax Laxative pills with water by mouth. 3) At 3 pm drink half the Gatorade/Miralax/Mylicon solution. Drink once 8 ounce glass every 15 minutes.
4) At 9 pm drink the other half of the solution. Again, drink one 8 ounce

glass every 15 minutes until finished with all of the solution. 5) At 10 pm take the other 3 tablets of Dulcolax with water.

6) If your procedure is scheduled for 12 pm or later: follow the directions as above but drink the first half of the solution at 6 pm the day prior to your
procedure, the second half at 6 am the day of the procedure and take the second 3 Dulcolax at 7 am the day of the procedure (with a small glass of water).

Helpful tips:

1) Some people may develop nausea with vomiting during the prep. The best remedy for this is to take a break from drinking the solution for about 30 minutes and then resume drinking at a slower rate. It is important to drink the entire contents of the solution.
2) Walking between drinking each glass can help with the bloating.
3) Use wet wipes instead of toilet paper.
4) Apply some Vaseline or Desitin to the anal area prior to beginning the prep and reapply as needed.
5) Remain close to toilet facilities as multiple bowel movements may occur. This prep often works within 30 minutes but may take as long as 3 hours.

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