



GASTRO CARE INSTITUTE

Extra Preparation Protocol For Colonoscopy- Two Day Prep

You Should Start This 2 Days Prior To Your Scheduled
Colonoscopy. Date: _____

These instructions should be used in addition to the colonoscopy prep instructions given to you by the Digestive Health Center nursing staff to ensure optimal preparation for your colonoscopy. This prep is used:

- If you have had poor prep for colonoscopy in the past.
- If you have tendency for chronic constipation.
- If your provider feels you need extra prep prior to your colonoscopy.

- You may have a light breakfast and lunch of soft, easily digestible foods (cooked cereal, eggs, yogurt, cooked fruits or vegetables, cottage cheese, macaroni and cheese, puddings etc.) Clear liquids after lunch, (No solid food until after colonoscopy).
- Start extra hydration 2 days prior to your colonoscopy prep. Attempt to drink an 8 ounce glass of water or clear liquid every hour. (However, let office know if you have any fluid restrictions).
- Double dose (2 capfuls) of Polyethylene Glycol (MiraLax) powder mixed in 16 ounces of water at bedtime on day #1 of two day prep. MiraLax is an over-the-counter laxative that comes in powder form. It is available in a bottle of powder or individual packets of powder. You will need enough for 2 doses. As an alternative, you may pick up sample packets of MiraLax from our office.
- Start colonoscopy prep instructions given to you tomorrow (day prior to colonoscopy). Date: _____



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