

EXTRA BOWEL PREP INSTRUCTIONS

Based upon the doctor's review of your chart, you will need extra prep for your bowel prep to be as accurate and efficient as possible. Please **ADD** the instructions below to the bowel prep instructions you were given.

EXTRA PREP:

- **7 days before your colonoscopy, purchase**
 1. ONE 8.3oz bottle of MiraLAX or generic equivalent.
 2. ONE 32oz bottle of Gatorade (NOT RED OR PURPLE) or other clear liquid

- **Beginning after dinner 2 days before your procedure**
 1. Mix ½ of MiraLAX bottle (or 7 capfuls) in 32oz of clear liquid until dissolved. DO NOT ADD ICE.
 2. Drink 8oz of the MiraLAX solution every 15 minutes for a total of four glasses (one bottle)
 3. Complete the bottle within 1 hour of mixing.

- **Beginning the day before your procedure.**
 1. **Follow the instructions for the bowel prep medication you were prescribed**