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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