

Northwest Gastroenterology

Colonoscopy Extended Bowel Prep

Nulytely, Gavilyte & similar gallon jugs

One Week Before Your Procedure



- Notify our office if you have had any major changes to your health since you scheduled your procedure.



- If you are receiving sedation, a responsible adult must accompany you to check-in, remain onsite, and be present for discharge. You may use a rideshare, taxi, or public transit, but your escort must ride with you, as hired drivers do not meet safety requirements.



- Pick up your bowel preparation from the pharmacy.
- Purchase one bottle of Miralax powder, you will need at least 5 doses (85 grams)
- Purchase Dulcolax (or generic Bisacodyl) 5 mg oral tablets. You will need a total of 5 tablets.
- Purchase simethicone gas relief (Gas-X) over-the-counter. You will need a total of 4 tablets/ capsules.



- If you take **blood-thinner, anti-platelet medications, diabetic, or weight loss medications** please reference [Medication Instructions.](#)
- Continue taking all other medications, unless instructed by your physician or our nursing staff.



- Stop taking: Iron pills or vitamins with iron (this is to decrease constipation)
- Stop taking: oil-based vitamins/supplements (A, D, E, K or fish oil) for a full 7 days before your procedure.
- Stop eating: Whole seeds, nuts, tomatoes, berries, and any bread with seeds or nuts. You may continue to have creamy nut butters and tomato sauces.
- Stop using: any illicit drugs



**SIGN UP FOR
MYCHART**

We use MyChart as our primary communication tool.

Sign up today to make sure you get all of your important communications from our office.

Use MyChart to complete all of your paperwork for your virtual visit and pay your co-pay through E-check-in.

Confirm your appointments through MyChart so your appointment does not get cancelled.

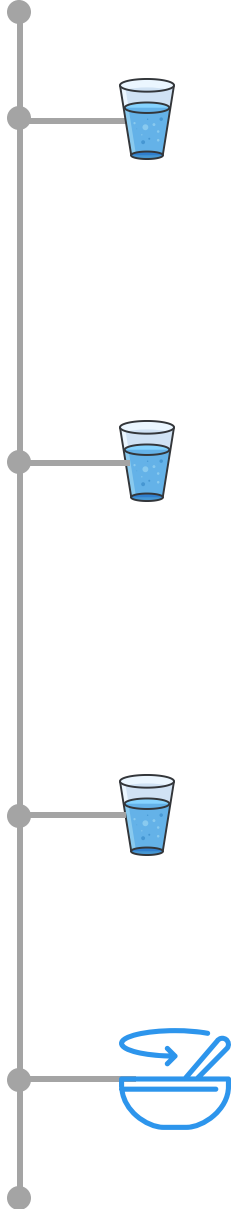
Message the office using MyChart with non-urgent questions to save your time on the phone.

Receive your after visit summary with your treatment plan via MyChart.

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3 Days Before Your Procedure

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- In the morning, take one dose (17 grams) of Miralax mixed with 4-8 ounces of water and take one Dulcolax tablet (5 mg)
 - In the evening, take one dose (17 grams) of Miralax mixed with 4-8 ounces of water and take one Dulcolax tablet (5 mg)

2 Days Before Your Procedure

- In the morning, take one dose (17 grams) of Miralax mixed with 4-8 ounces of water and take one Dulcolax tablet (5 mg)
- In the evening, take one dose (17 grams) of Miralax mixed with 4-8 ounces of water and take one Dulcolax tablet (5 mg)

1 Day Before Your Procedure

- When you wake up, start a clear liquid diet
- In the morning, take one dose (17 grams) of Miralax mixed with 4-8 ounces of water and take one Dulcolax tablet (5 mg)
- Do not have: red, purple, or orange liquids, or alcohol.
- Do not have any solid foods.
- [Please see our list of recommended clear liquids.](#)
- Between 2:00 pm and 4:00 pm, mix your bowel prep solution. Follow the directions for mixing your bowel prep. You will want your prep solution to refrigerate for 2 hours prior to drinking.

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1 Day Before Your Procedure - Continued



- 2 hours later, begin drinking the first **half** of your bowel preparation. We recommend using a straw.
- Drink 8 ounces every 10-15 minutes until the first half is completed.
- You will want to complete the first half of the prep within 2 hours.
- Place the remaining half of the preparation in the refrigerator until tomorrow.
- Take 2 simethicone gas relief (Gas-X) tablets/ capsules.
- See our list of [Frequently Asked Questions](#) for tips on drinking the prep.



- After finishing the first half of the prep solution, drink two 8 ounce glasses of water.
- Continue to drink clear liquids throughout the day to stay hydrated.



- Bowel movements usually start within 3 hours of drinking the prep but could take longer. It is recommended to stay near a restroom at this point. See our list of [Frequently Asked Questions](#) if you feel the preparation is not working.

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The Day of Your Procedure



- Continue with clear liquids and no solid foods.
- **Take blood pressure, heart, or seizure medications the morning of your procedure.** Be sure you take these at least **4 hours** before your arrival time.
- Hold all other medications.



- 6 hours before you leave for your procedure, start the second half of the bowel prep. Drink 8 ounces every 10-15 minutes until it is finished.
- For example, if your check-in time is 6:45 am, and it takes you 30 minutes to get here, you will need to wake up and begin your 2nd dose at 12:15 am.



- After finishing the second half of the prep solution, take 2 simethicone gas relief (Gas-X) tablets/ capsules.
- Drink two 8 ounce glasses of water.



- **DO NOT HAVE ANYTHING TO EAT OR DRINK 4 HOURS PRIOR TO ARRIVING. NO CHEWING GUM.**
- **DO NOT SMOKE 24 HOURS BEFORE YOUR PROCEDURE.**
- **DO NOT USE CHEWING TOBACCO OR NICOTINE POUCHES 6 HOURS BEFORE YOUR PROCEDURE**



- If you are receiving sedation, your driver must be present with you at check-in on the day of your procedure and remain onsite. **If you are taking public transportation, a taxi, or a rideshare service, you must have a responsible adult escort present with you at check-in, remain onsite, and be with you at discharge.**



- Wear comfortable clothes, leave your valuables at home, and arrive on time at the designated location with any paperwork completed that we may have asked you to bring.
- Don't forget your photo ID and insurance card.