

Southwestern Endoscopy Center

COLONOSCOPY 2-DAY PREP INSTRUCTIONS

TWO DAYS PRIOR TO YOUR PROCEDURE:

- Begin clear liquid diet after your morning breakfast.
 - At **5pm** mix 2 capfuls of Miralax powder into 24 ounces of water. Mix until powder is completely dissolved and drink it within 2 hours.
(SOLD OVER THE COUNTER)
 - You are encouraged to drink fluids hourly until you go to bed.
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THE DAY PRIOR TO YOUR PROCEDURE:

- Continue clear liquid diet
- NO solid food, No alcohol, NO milk based products
- You are to follow the brochure instructions specific to the prep that has been prescribed for you (examples: Sutab, Suprep, Nulytely, or Miralax)
- Please cease all medicinal and recreational smoked or vaporized cannabis (weed) 12 hours prior to surgery. Ingested cannabis or CBD oil must be stopped 8 hours prior to surgery.

**** IF YOU DID NOT RECEIVE A BROCHURE, PLEASE CONTACT OUR OFFICE AT 724-439-8906.**

THE DAY OF YOUR PROCEDURE:

- Continue to follow the brochure instructions specific to the prep that has been prescribed for you.