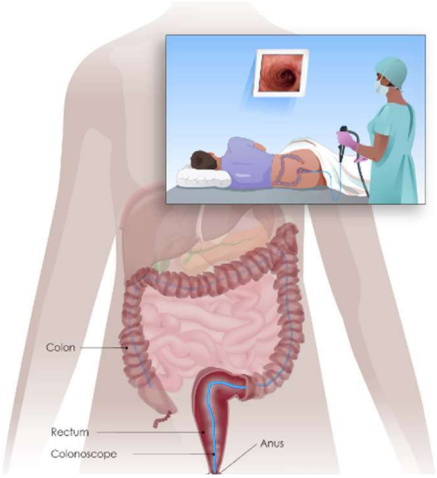
SCREENING FOR COLON CANCER:

Colon Cancer is highly preventable. The physicians at Atlantic Digestive Specialists are board certified and have more than 100 years of combined experience in performing colonoscopies.



To ensure your safety and comfort during the exam, an intravenous line is started and monitoring equipment is set up to monitor heart rate, blood pressure and breathing. Sedation is administered through the intravenous line using a combination of medicine geared to providing a pleasant and safe experience. This is not general anesthesia.

Plan for at least a two-hour hospital stay from start to finish. The exam usually last for 15-20 minutes but the recovery from the sedation may take longer. There is minimal recovery following the colonoscopy.

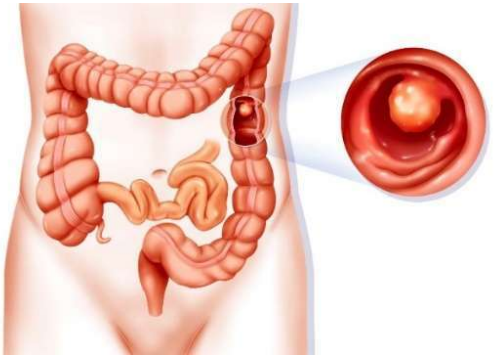
View this and other preps online at
www.AtlanticDigestive.com/prep_instructions

330 Borthwick Avenue,
Suite 311
Portsmouth, NH 03801
603.433.2488

21 Clark Way
Somersworth, NH
03878
603.692.2228

Atlantic Digestive SPECIALISTS
Helping people inside & out

5-Day MiraLAX Colon Prep Instructions



For safe and effective colon prep, follow these instructions exactly as directed.

Date: _____ **Place:** _____

Doctor: _____

Your arrival time WILL NOT be available until the DAY before your procedure.

www.AtlanticDigestive.com

If you are to start a GLP1, you will need to HOLD 1 week prior. Please notify Atlantic Digestive Specialist weeks ahead please call: (603)841-1348

Several Days before your Colonoscopy:

- Purchase Two **(2)** bottles of MiraLAX (238 grams) at any pharmacy. No prescription needed.
- Purchase **64oz (two 32oz bottles)** of Gatorade/Propel Water **(clear, yellow, green or white ONLY)**
- Purchase **125 mg** Simethicone (Gas-X). No prescription needed.

It is important that you remain well hydrated for a number of days prior to and after the procedure. Gatorade or sports drinks will result in better hydration than drinking just water alone.



5 days before your colonoscopy:

- Mix one (1) capful of MiraLAX with an 8oz glass of water and drink. Do this three (3) times a day during these 5 days.

3 days before your colonoscopy:

- Avoid corn, popcorn, raw vegetables, raw fruits, and foods with seeds or nuts.

2 days before your colonoscopy: Start a full liquid diet for 24 hours. Consume ONLY:

- Cream Soups
- Custard & Gelatin desserts
- Ice Milk, Milk, Cream, Half & Half
- Milk Shakes or Meal replacement shakes (vanilla)
- Yogurt (smooth, w/o fruit chunks or swirl)
- Pudding (vanilla)
- Ice cream or Sherbert (w/o mix-ins or dyes plain flavors)
- Strained or purred soups (cream soups, blended vegetables)
- Broth or Consommé
- Bouillon
- Coffee & Tea
- Fruit Juices (w/o pulp)
- Vegetable Juices
- Soft Drinks, Carbonated Beverages
- Honey & Syrup
- Smooth Gravy or Sauces
- Ensure meal replacement shakes

Day before/24 hours before colonoscopy:

- After waking in the morning, drink at least one **(1)** large glass **(8oz)** of clear liquids every hour until you go to bed.
- Start a clear liquid diet. NO solid food until after your colonoscopy. **NO RED, ORANGE, PURPLE OR BLUE** foods/drinks. NO alcohol.

Consume ONLY:

- Broth
- Italian Ice (No fruit pieces)
- Popsicles
- Jell-o
- Water
- Black Tea/ Coffee (No Milk or Cream)
- Soda
- Crystal Light
- Hard Candy
- Fruit Juice (No Pulp)
- White Grape Juice
- Gatorade/Propel Water
- Apple Juice
- Ensure Clear Therapeutic Nutrition Drink (Apple Flavor ONLY)

5:00pm day before your colonoscopy:

- Mix bottle of MiraLAX (238grams) with 64oz of Gatorade/Propel water (Clear, Yellow, White, or Green ONLY)
- Divide solution, placing half in refrigerator.
- With the other half, drink an 8oz glass every 10-20 minutes until gone.

5 hours before your colonoscopy (you may need to wake during the night):

- Drink remainder of MiraLAX/Gatorade solution. Drink an 8oz glass every 10-20 minutes until gone. **Also take 125mg of Simethicone (Gas X).** Timing of this dose is important and should not be altered.
- Continue your clear liquid diet until 3 hours before procedure.

3 hours before your colonoscopy:

- Nothing further by mouth, with the exception of any medications. Medications may be taken with a **SMALL** sip of water.

After your colonoscopy:

- You **WILL** need a ride home by someone you know. Hospital policy requires. **NO** Uber, Taxi or public transportation.

Day following your colonoscopy:

- May begin driving or operating machinery.