

## Extended Colonoscopy Prep

**\*\*\*DO NOT FOLLOW INSTRUCTIONS ON PREP BOX\*\*\***

You need to purchase: 1) Miralax (over the counter) (7 doses)

2)  Magnesium Citrate (over the counter) **OR**  Dulcolax Tablet 5mg (over the counter)

3)  Suprep  Moviprep  Trilyte  Clenpiq  Plenvu

**7 DAYS PRIOR \_\_\_\_\_ STOP EATING SEEDS AND NUTS!!**

**7 days prior to procedure start Miralax 1 dose a day: \_\_\_\_\_**

**Two days prior to procedure: \_\_\_\_\_**

Regular Diet

**5PM** take/drink  1 Dulcolax  1 Bottle of Magnesium Citrate

**The day before the procedure: \_\_\_\_\_**

Start a **Clear Liquid Diet**. There is no change in medications this day.

### **Foods Allowed on a Clear Liquid Diet:**

Beverages: Water, Coffee, Tea, Carbonated beverages (no red or purple), any clear juices, fruit flavored drinks and powders (country time, crystal light, Kool-Aid), and **Clear Ensure (any flavor or color)**.

Soups: Fat Free clear broth and bouillon. Beef, chicken, or vegetable

Desserts: Warm or cold Jell-O, plain popsicles, slushes, clear water ices (Italian), hard candy, jelly beans (no red or purple)

Sweeteners: Sugar, artificial sweeteners

### **Foods NOT Allowed**

No Solid Foods      No Red or Purple colorings except Clear Ensure

No Dairy Products (Milk, half and half, cheese)

**5pm** start \_\_\_\_\_

SUPREP- Pour one 6-ounce bottle of the Suprep into the mixing cup that is provided and add cool water to the 16 ounce line. Stir and drink it down slowly over an hour. Drink 32 ounces of any clear liquid over the next hour.

MOVIPREP-Mix 1<sup>st</sup> pouch "A and B" in the container provided with tepid water to the top of the line. You can mix this in the morning and refrigerate it to keep it cold.

Drink 8 ounces at **5pm, 5:15pm 5:30pm and 5:45pm.**

Drink at least 16 ounces of clear liquid in the next hour.

TRILYTE-Fill laxative container with lukewarm water to the line on container and pick one flavor packet for flavoring and mix (you can do this in the morning and put in refrigerator). Drink 8 ounces every **15** minutes until **12** glasses are done.

CLENPIQ- drink the 1<sup>st</sup> 5.4-ounce bottle of Clenpiq. It does not need to be mixed or diluted. **Do Not** refrigerate or freeze. Then drink **5 eight** ounces of clear liquids over the next 5 hours.

PLENVU-Pour the 1<sup>st</sup> dose pouch (labeled Dose 1 on top right) into the mixing cup that is provided and add water to fill line. Shake for 2-3 minutes until completely dissolved and drink it down slowly over the next 30 minutes. Drink 16 ounces of any clear liquid over the next hour.

Take evening medications when bowel movements slow down.  
Continue clear liquids until bedtime.

**The morning of the procedure:** \_\_\_\_\_

5 hours prior to leaving home start 2<sup>nd</sup> dose of prep at \_\_\_\_\_.

SUPREP- Pour 2nd 6-ounce bottle of the Suprep into the mixing cup that is provided and add cool water to the 16 ounce line. Stir and drink it down slowly over an hour. In the next hour drink 32 ounces of clear liquids until \_\_\_\_\_.

MOVIPREP-Mix 1<sup>st</sup> pouch "A and B" in the container provided with tepid water to the top of the line. You can mix the evening before and refrigerate it to keep cold. Drink 8 ounces at \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_  
Drink at least 16 ounces of clear liquids until \_\_\_\_\_.

TRILYTE-Drink 8 ounces every **15** minutes until **4** glasses are done. Do not drink anything after the last dose.

CLENPIQ- drink the 2nd 5.4-ounce bottle of Clenpiq. It does not need to be mixed or diluted. **Do Not** refrigerate or freeze. Then drink **3 eight** ounces of clear liquids until \_\_\_\_\_.

□ PLENVU-Pour the 2<sup>nd</sup> dose pouch A&B (labeled Dose 2 on top right) into the mixing cup that is provided and add water to fill line. Shake for 2-3 minutes until completely dissolved and drink it down over the next 30 minutes. Drink 16 ounces of any clear liquid until \_\_\_\_\_.

No Smoking 12 hours prior to procedure.

Take all prescribed medications 3 hours prior to leaving. \_\_\_\_\_

**No** diabetic medications (including insulin), **No** Potassium supplements, and **No** Diuretics (water pills) before the procedure.

Nothing by mouth 3 hours prior to leaving home at \_\_\_\_\_, until after your procedure.

Report to \_\_\_\_\_ at \_\_\_\_\_ am/pm.

\*\*\* You will **NOT** be allowed to drive after the procedure. Some facilities require your ride to stay at the facility the whole time of the procedure (no dropping off and picking up).

It is very important to complete the prep as instructed.

You can do it!