

Extended Prep Instructions

For patients that have had an incomplete or failed bowel prep. These instructions should be followed IN ADDITION TO the ordered bowel prep instructions.

It will help your bowel prep if you stay hydrated during the week before your procedure-drink lots of fluids!

Following a low residue diet will also help in the success of your prep. Eat foods that are easy to digest, like fruit without skin or seeds, cooked vegetables without skin or seeds, refined cereals and pasta, lean or ground meats, eggs, fish, poultry.

ONE WEEK BEFORE YOUR PROCEDURE

For one week prior to your procedure, take one capful of Miralax every evening at 6:00 pm.

THREE DAYS BEFORE YOUR PROCEDURE

Take 2 tablespoons (30 ml) of Milk of Magnesia at 6:00 pm.

TWO DAYS BEFORE YOUR PROCEDURE

Take 2 tablespoons (30 ml) of Milk of Magnesia at 6:00 pm (if you are a 3 L prep patient, you will be doing this already, no need to double this dose).