



Preparing for your colonoscopy

Extended preparation instructions

Preparing for your colonoscopy

A colonoscopy is a procedure to check the health of your colon. Follow the proper steps to cleanse your colon thoroughly. This is key to a successful colonoscopy.

Before the procedure you should:

- Read the information in this resource.
- Follow the diet instructions in this resource.
- Find and follow the instructions in this resource **specific to the preparation you receive from the pharmacy**. The colon-cleansing product you receive depends on your medical condition and insurance coverage.
- Pick up your preparation a few days before your procedure if possible. This ensures you are ready to begin your preparation when it is time.

If you do not follow these instructions, your procedure may be delayed or rescheduled.

Why add an extended prep to a standard prep?

For some people, a standard colon-cleansing preparation is not enough to clean the bowel properly. An extended prep can help.

An extended prep means you take laxatives along with a standard colon-cleansing product. The laxatives work with the colon-cleansing product to clean the colon better.

This resource includes the standard preparation instructions and the extended prep instructions together. If you have questions after you read this or are not sure how to prepare for your colonoscopy, contact the healthcare team that ordered your colonoscopy.

Preparation video for colonoscopy

To help you prepare for your colonoscopy, watch this video. It shares what you need to know to be ready for your appointment.

To watch the video: Use your smartphone or tablet and open your device's camera. Aim it at the QR code. You will see a link you can touch to bring up the video.



You also may watch the video at this link:
<https://www.mayoclinic.org/pe?mc=MC6733-02>

Note: The video is in English.

What's inside

| | |
|---|-----------|
| Special instructions for medicines and sedation | 3 |
| Eating and drinking before a colonoscopy | 5 |
| Colon-cleansing preparations: Before you begin | 8 |
| (1) GoLytely (or a similar product) | |
| 1a. 4-liter prep instructions and extended prep | 10 |
| 1b. 6-liter prep instructions and extended prep | 12 |
| 1c. 8-liter prep instructions and extended prep | 14 |
| (2) MoviPrep (or generic PEG-3350) and extended prep | 16 |
| (3) Suprep and extended prep | 18 |
| (4) Plenvu and extended prep | 20 |
| (5) MiraLax and extended prep | 22 |
| (6) Clenpiq and extended prep | 24 |
| (7) Sutab and extended prep | 26 |

Special instructions for medicines and sedation

Medicine instructions for all bowel preps

Unless you are told to do something different, you may take your daily medicines up until two hours before your scheduled report time. The colon-cleansing preparations in this resource may have specific instructions about some medicines.

Special instructions if you take diabetes or blood-thinning medicines

If you have diabetes: See the “Diabetes Medicine Instructions for Tests, Procedures and Surgeries That Require Fasting” in Section B of your Patient Appointment Guide for specific directions on taking insulin and other diabetes medicines.

If you take medicine for weight loss, follow these directions. Some examples of medicines for weight loss include semaglutide (Ozempic), dulaglutide (Trulicity) and tirzepatide (Mounjaro).

- If you take this medicine every day, do not take it the day of your procedure.
- If you take this medicine once a week, stop taking it 7 days before your procedure.

If you take phentermine for weight loss, stop taking it 7 days before your procedure.

If you take blood-thinning medicines: Blood-thinning medicines affect clotting and bleeding. Both the healthcare provider who manages these medicines and the provider doing your procedure will need to decide if your medicines need to change.

Some examples of generic and brand name medicines that affect blood thinning are:

- Oral anticoagulants (blood thinners you take by mouth): apixaban (Eliquis), dabigatran (Pradaxa), edoxaban (Savaysa), rivaroxaban (Xarelto), warfarin (Coumadin, Jantoven).
- Injectable anticoagulants (blood thinners): heparin, enoxaparin (Lovenox), dalteparin (Fragmin), fondaparinux (Arixtra).
- Oral antiplatelets: aspirin or aspirin-containing products: aspirin-dipyridamole (Aggrenox), clopidogrel (Plavix), prasugrel (Effient), ticagrelor (Brilinta).
- Other: cilostazol (Pletal), vorapaxar (Zontivity).
- Nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen (Advil, Motrin), naproxen (Aleve, Naprosyn), celecoxib (Celebrex).

Contact the healthcare provider who manages these medicines about whether you should stop taking them before the procedure and for how long. After the procedure, the healthcare provider who manages these medicines and the provider doing your procedure will need to decide when to restart these medicines. If you use herbal supplements, let your healthcare provider know.

Sedation

You may feel fine after your procedure, but you may be affected by the sedation medicine you were given. It can affect judgment and balance. For your safety and the safety of others:

- **Arrange to have a responsible adult come with you to your procedure and other appointments, pick you up from the procedure unit and drive you home or to the place you are staying.**
 - If you have not made plans for a responsible adult to come with you, your procedure may be delayed or cancelled.
 - Talk to your healthcare team now if you need help finding an adult companion or transportation.
- Use caution and ask for help when you walk and move around.
- Do not drive for the rest of the day.
- Do not travel alone on a plane the rest of the day.



If you are having your colonoscopy at Mayo Clinic Hospital in Phoenix or Scottsdale, Arizona:

- Using a taxi or hotel shuttle is not permitted unless you have a responsible adult with you.

What to bring

If you use a Continuous Positive Airway Pressure (CPAP) or Bilevel Positive Airway Pressure (BiPAP) machine to help you sleep: Ask your provider whether you should bring your machine and mask with you. These may be used after the procedure.

If you have an internal device that is controlled with a remote, bring the remote with you.

Oral care

The night before and the morning of your procedure, brush your teeth with toothpaste that contains fluoride. It is important to do this even if you are not eating and drinking.

Eating and drinking before a colonoscopy

During the week before your colonoscopy, **do not eat high-fiber foods**.

Foods high in fiber remain in your colon longer. Because of this, the colon-cleansing prep may not clean out your colon well enough for the procedure. If that happens, you may have to do the prep again. You may have to come back for the procedure at another time.

During the week before your colonoscopy, **eat low-fiber foods**. Low-fiber foods make it easier for your prep to work well.

To be ready for the procedure, do the following:

- 5 to 7 days before your procedure, begin to eat foods low in fiber. Do not eat high-fiber foods.
- 2 days before your procedure, eat no solid foods. Drink only full and clear liquids.
- 1 day before the procedure, eat no solid foods. Drink only clear liquids.
- **Procedure day:** Eat no solid foods before the procedure. Stop drinking all liquids 2 hours before your report time.

Here's an example of what to eat and drink the week before your procedure.

| 7 days before | 6 days before | 5 days before | 4 days before | 3 days before | 2 days before | 1 day before | Procedure day |
|---|---------------|---------------|---------------|---------------|---|--|---|
| Eat low-fiber foods. Do not eat high-fiber foods. | | | | | Eat no solid foods. Drink only full and clear liquids. | Eat no solid foods. Drink only clear liquids. | Eat no solid foods before the procedure. Stop liquids 2 hours before your report time. |

What to eat and drink before your procedure

Reminders about what to eat and drink are included in the preparation instructions in this resource. Refer to this information as needed.

5 to 7 days before your procedure

Eat these types of foods. These foods are low in fiber.

- White rice and pasta.
- Tender meat, fish and poultry.
- Eggs.
- Bananas.
- Pudding, custard and gelatin.
- Cheese, cottage cheese and yogurt.
- White and sourdough bread.
- Canned or well-cooked vegetables, such as potatoes and carrots. These should not have hulls or skins.

Note: Do not eat foods that contain nuts or seeds.

Do not eat these types of foods. These foods are high in fiber.

- Whole-grain breads.
- Whole-grain cereal.
- Quinoa.
- Fruits, nuts and seeds.
- Popcorn.
- Raw vegetables.

Also, do not take:

- Fiber supplements.
- Iron supplements.
- Loperamide, such as Imodium or a store brand.

2 days before your procedure

- **Do not eat** any solid foods.
- **Drink only** liquids. You may drink both full and clear liquids.

Full liquids include:

- Protein shakes or liquid meals, such as Ensure or a similar product.
- Soups that contain no solid foods such as vegetables, grains or meats.
- Tea, with or without milk or cream.
- Coffee, with or without milk or cream.
- Cream soups, such as tomato, blended smooth.
- Yogurt, pudding and ice cream. These items become liquid as you eat them.

Clear liquids include:

- Water.
- Clear, fat-free broth.
- Gelatin.
- Clear fruit juice, such as apple or white grape.
- Ice pops without pulp.
- Carbonated beverages.
- Sports drinks.
- Tea and coffee with or without sugar.
- Clear nutritional supplements, such as Boost Breeze and Ensure Clear.

Day before your procedure

- **Do not** eat any solid foods.
- **Drink only** clear liquids.
- **Do not** eat or drink any liquids or gelatins that are red or purple.
- **Do not** have dairy, such as milk, yogurt, cheese and ice cream. **Do not** have cream or milk in coffee or tea.
- **Do not** drink alcohol.

Day of your procedure

- **Do not** eat any solid foods before your procedure.
- **Drink only** clear liquids up until 2 hours before your report time.

Colon-cleansing preparations: Before you begin

How to be ready for your colonoscopy

Bowel preps work best when you take part of the prep the day before your procedure and then finish the prep the day of your procedure. This is called a split dose.

Colon-cleansing preparations cause frequent, liquid stools. You may have your first bowel movement within one hour after you start. However, each person's response is different. You may continue to pass liquid stools for as long as two hours after you finish your preparation.

Note that the preparations in this resource also include instructions for extended preparation. You will see those instructions listed separately within the instructions for each prep.

Side effects

- Side effects may include bloating, stomach cramps, nausea and vomiting. You may have chills, headache and rectal irritation. Use wet wipes to help prevent rectal irritation.
- For severe cramps, nausea or vomiting, slowly drink the liquid prep until symptoms improve.
- If you develop a skin rash or itching, **stop the prep. Call your healthcare team right away.** These may be signs of an allergic reaction.

If you have questions about side effects and risks of your colon-cleansing prep product, ask a member of your care team or a pharmacist.

Important

The colon-cleansing preparations listed in this resource may contain potential allergens. **If you have any known medicine or ingredient allergies, it is important to tell your healthcare team about those allergies before you use a colon-prep product.**

Tips for drinking a liquid prep

If you do not like the taste of the solution, these tips may help.

- Unless the prep instructions tell you not to, you may refrigerate the solution and drink it cold.
- Suck on ice or a lemon or lime wedge.
- Chew gum right before you drink each glass of solution.
- Drink the solution through a straw.

Note: Do not add ice or flavorings that are not included with the preparation.

Important steps to follow so your colonoscopy is not delayed or rescheduled

1. **Follow the instructions in this resource that are specific to the preparation you receive from the pharmacy.** Ask your healthcare team or pharmacist if you have questions about these instructions.
2. **Extended prep:** Note that you begin the extended prep before you begin using your colon-cleansing preparation. Make sure you have purchased the extended prep products 5 to 7 days before your colonoscopy.
3. Make sure you pick up your colon-cleansing product by 3 p.m. on the day you are to start your prep. The start time for many preps is at 4 p.m.
4. **It is important to finish all your preparation even if your stools look clear.** The “Countdown to Your Colonoscopy” image in Section B of your Patient Appointment Guide provides more information and illustrations.
5. Follow the eating and drinking instructions. Pay special attention to the days when you **cannot** eat solid foods.
6. **Drink plenty of water during your prep to help you stay hydrated. This is important.**
If you receive dialysis: Even though you may have fluid restrictions, it is important to drink all the fluids for your bowel prep. If you have questions, ask a member of your healthcare team.
7. Plan ahead for each dose and give yourself plenty of time to finish your last dose and travel to your appointment.

If you have questions after you read this information or are not sure how to prepare for your colonoscopy, contact a member of the healthcare team that ordered your colonoscopy.

Product instruction videos

The link takes you to a video playlist. Find the video for your colonoscopy preparation product and watch that video. You may need to scroll or turn your device on its side to see all options.

To watch the video: Use your smartphone or tablet and open your device’s camera. Aim it at the QR code. You will see a link you can touch to bring up the video.



You also may watch the videos at this link:
<https://www.mayoclinic.org/pe?mc=MC6733-24>

Note: The video is in English.

1a GoLyteLy 4-liter and extended prep instructions

- The directions that come with your colon-cleansing product may differ from the following instructions. These instructions are for 4-liter GoLyteLy or similar products such as NuLyteLy, GaviLyte G or generic PEG-3350 with electrolytes. **Follow these instructions.**
- If you have an allergy to polyethylene glycol (PEG-3350) or artificial sweeteners, **do not use this product.** Ask your care team what colon-cleansing product to use.

| GoLyteLy product contains: | For extended prep, buy the following: |
|--|--|
| <ul style="list-style-type: none">• 4-liter mixing jug with powder.• Possibly flavor packets. | <ul style="list-style-type: none">• Bisacodyl 5-mg tablets, Dulcolax or store brand.• Polyethylene glycol powder, MiraLax or store brand. |

5 to 7 days before your procedure

- **Begin extended prep instructions:** Each day, mix 1 heaping tablespoon of MiraLax into 4 to 8 fluid ounces of a clear beverage. Drink all of it.
- Follow a low-fiber diet.

2 days before your procedure

- **Do not eat** solid foods. **Drink only** full and clear liquids.
- For a list of full and clear liquids, see the eating and drinking instructions in this resource.

At 8 a.m.

Extended prep instructions: Take two 5-milligram tablets of bisacodyl. Swallow the tablets whole with a cup of water.

At 4 p.m.

Extended prep instructions: Mix 1 heaping tablespoon of MiraLax into 4 to 8 fluid ounces of a clear beverage. Drink all of it.

Day before your procedure

- **Do not eat** solid foods. **Drink only** clear liquids on this day.

At 8 a.m.

Extended prep instructions: Take two 5-milligram tablets of bisacodyl. Swallow the tablets whole with a cup of water.

Prepare the GoLyately solution

You may mix the solution ahead of time. **Use it within 24 hours after mixing.** Keep the jug away from heat and direct light. To mix the solution:

- Fill the jug halfway with lukewarm water to dissolve the powder. Shake the jug well.
- Add cold water to the fill mark on the jug. **Do not** add ice. Again, shake the jug well.
- **Do not** add flavorings to the solution other than the flavor packet that may be included.
- Refrigerate the solution or keep it on ice until you need it.

Start at 4 p.m. for best results (Start no later than 6 p.m.)

Extended prep instructions: Mix 1 heaping tablespoon of MiraLax into 4 to 8 fluid ounces of a clear beverage. Drink all of it.

GoLyately instructions

- Shake the jug of mixed solution well.
- Every 10 to 15 minutes, quickly drink 8 fluid ounces (1 cup or 240 milliliters) of the solution. Do this until you drink $\frac{3}{4}$ of the solution, which is 12 cups. This will take about 3 hours. The solution will not work as well if you sip small amounts.
- Keep remaining solution to drink the next morning. You may refrigerate it.

Day of your procedure

- **Do not eat** any solid foods before your procedure.
- **Drink only** clear liquids up until 2 hours before your report time.
- You need no extended prep today unless your care team tells you differently.

3 to 6 hours before your scheduled report time

GoLyately instructions

- Shake the jug of the remaining solution well.
- Every 10 to 15 minutes, quickly drink 8 fluid ounces (1 cup or 240 milliliters) of the solution. Do this until you drink the rest of the solution, which is about 4 cups.
- **Even if your stools already look clear, finish drinking all your prep solution. It is possible stool still remains in your colon.**
- If your care team told you to take bisacodyl (5-milligram) tablets: Follow what your care team told you to do. Take the tablets after you finish drinking the solution. Swallow the tablets whole with 8 fluid ounces (1 cup or 240 milliliters) of water. These tablets help the solution cleanse your colon better.

2 hours before your scheduled report time

- **Stop** drinking all liquids.

1b GoLyte 6-liter and extended prep instructions

- The directions that come with your colon-cleansing product may differ from the following instructions. These instructions are for 6-liter GoLyte or similar products such as NuLyte, GaviLyte G or generic PEG-3350 with electrolytes. **Follow these instructions.**
- If you have an allergy to polyethylene glycol (PEG-3350) or artificial sweeteners, **do not use this product.** Ask your care team what colon-cleansing product to use.

| GoLyte product contains: | For extended prep, buy the following: |
|---|--|
| <ul style="list-style-type: none">• Two 4-liter mixing jugs with powder.• Possibly flavor packets. | <ul style="list-style-type: none">• Bisacodyl 5-mg tablets, Dulcolax or store brand.• Polyethylene glycol powder, MiraLax or store brand. |

5 to 7 days before your procedure

- **Begin extended prep instructions:** Each day, mix 1 heaping tablespoon of MiraLax into 4 to 8 fluid ounces of a clear beverage. Drink all of it.
- Follow a low-fiber diet.

2 days before your procedure

- **Do not eat** solid foods. **Drink only** full and clear liquids.
- For a list of full and clear liquids, see the eating and drinking instructions in this resource.

At 8 a.m.

Extended prep instructions: Take two 5-milligram tablets of bisacodyl. Swallow the tablets whole with a cup of water.

At 4 p.m.

Extended prep instructions: Mix 1 heaping tablespoon of MiraLax into 4 to 8 fluid ounces of a clear beverage. Drink all of it.

Day before your procedure

- **Do not eat** any solid foods. **Drink only** clear liquids on this day.

Prepare the GoLyte solution

You may mix the solution ahead of time. **Use it within 24 hours after mixing.** Keep the jug away from heat and direct light. To mix the solution:

- Fill one jug halfway with lukewarm water to dissolve the powder. Shake the jug well.
- Add cold water to the fill mark on the jug. **Do not** add ice. Again, shake the jug well.
- **Do not** add flavorings to the solution other than the flavor packet that may be included.
- Refrigerate the solution or keep it on ice until you need it.

At 8 a.m.

Extended prep instructions: Take two 5-milligram tablets of bisacodyl. Swallow the tablets whole with a cup of water.

GoLyately instructions

- Shake the jug of mixed solution well.
- Every 10 to 15 minutes, quickly drink 8 fluid ounces (1 cup or 240 milliliters) of the solution. Do this until you drink half the solution. That is 8 cups total. This will take about 2 hours. The solution will not work as well if you sip small amounts.
- Keep remaining solution to drink in the evening. You may refrigerate it.

Start at 4 p.m. for best results (Start no later than 6 p.m.)

Extended prep instructions: Mix 1 heaping tablespoon of MiraLax into 4 to 8 fluid ounces of a clear beverage. Drink all of it.

GoLyately instructions

- Shake the jug of remaining solution well.
- Every 10 to 15 minutes, quickly drink 8 fluid ounces (1 cup or 240 milliliters) of the remaining solution. That is 8 cups total.
- If you wish, you may prepare the second jug now and refrigerate it overnight.

Day of your procedure

- **Do not eat** any solid foods before your procedure.
- **Drink only** clear liquids up until 2 hours before your report time.
- You need no extended prep today unless your care team tells you differently.

5 hours before your scheduled report time

GoLyately instructions

- Prepare the second jug if you have not already done so.
- Shake the jug of mixed solution well. You will only drink half the solution in this second jug.
- Every 10 to 15 minutes, quickly drink 8 fluid ounces (1 cup or 240 milliliters) of the solution until you have finished drinking 8 cups total. This will take about 2 hours.
- **Even if your stools already look clear, finish drinking the 8 cups of solution. It is possible stool still remains in your colon.**
- You will have prep solution remaining after you drink the 8 cups. You may throw out the remaining solution.

2 hours before your scheduled report time

- **Stop** drinking all liquids.

1c GoLyteLy 8-liter and extended prep instructions

- The directions that come with your colon-cleansing product may differ from the following instructions. These instructions are for 8-liter GoLyteLy or similar products such as NuLyteLy, GaviLyte G or generic PEG-3350 with electrolytes. **Follow these instructions.**
- If you have an allergy to polyethylene glycol (PEG-3350) or artificial sweeteners, **do not use this product.** Ask your care team what colon-cleansing product to use.

| GoLyteLy product contains: | For extended prep, buy the following: |
|---|--|
| <ul style="list-style-type: none">• Two 4-liter mixing jugs with powder.• Possibly flavor packets. | <ul style="list-style-type: none">• Bisacodyl 5-mg tablets, Dulcolax or store brand.• Polyethylene glycol powder, MiraLax or store brand. |

5 to 7 days before your procedure

- **Begin extended prep instructions:** Each day, mix 1 heaping tablespoon of MiraLax into 4 to 8 fluid ounces of a clear beverage. Drink all of it.
- Follow a low-fiber diet.

2 days before your procedure

- **Do not eat** solid foods. **Drink only** full and clear liquids. For a list of full and clear liquids, see the eating and drinking instructions in this resource.

At 8 a.m.

Extended prep instructions: Take two 5-milligram tablets of bisacodyl. Swallow the tablets whole with a cup of water.

Prepare the GoLyteLy solution

You may mix the solution ahead of time. **Use it within 24 hours after mixing.** Keep the jug away from heat and direct light. To mix the solution:

- Fill one jug halfway with lukewarm water to dissolve the powder. Shake the jug well.
- Add cold water to the fill mark on the jug. **Do not** add ice. Again, shake the jug well.
- **Do not** add flavorings to the solution other than the flavor packet that may be included.
- Refrigerate the solution or keep it on ice until you need it.

Start at 4 p.m. for best results (Start no later than 6 p.m.)

Extended prep instructions: Mix 1 heaping tablespoon of MiraLax into 4 to 8 fluid ounces of a clear beverage. Drink all of it.

GoLyteLy instructions

- Shake the jug of mixed solution well.
- Every 10 to 15 minutes, quickly drink 8 fluid ounces (1 cup or 240 milliliters) of the solution. Do this until you drink 8 cups total. This will take about 2 hours. The solution will not work as well if you sip small amounts.
- Keep remaining solution to drink the next morning. You may refrigerate it.

Day before your procedure

- **Do not eat** any solid foods. **Drink only** clear liquids on this day.

At 8 a.m.

Extended prep instructions: Take two 5-milligram tablets of bisacodyl. Swallow the tablets whole with a cup of water.

GoLytely instructions

- Shake the jug of remaining solution well.
- Every 10 to 15 minutes, quickly drink 8 fluid ounces (1 cup or 240 milliliters) of the solution remaining in the first jug until you finish drinking 8 cups total.
- If you wish, you may mix the second jug now. See “Prepare the GoLytely solution.”

Start at 4 p.m. for best results (Start no later than 6 p.m.)

Extended prep instructions: Mix 1 heaping tablespoon of MiraLax into 4 to 8 fluid ounces of a clear beverage. Drink all of it.

GoLytely instructions

- If you have not done so already, mix the second jug of solution. Shake it well.
- Every 10 to 15 minutes, quickly drink 8 fluid ounces (1 cup or 240 milliliters) of the solution until you have finished drinking 8 cups total. This will take about 2 hours.
- Keep remaining solution to drink the next morning. You may refrigerate it.

Day of your procedure

- **Do not eat** any solid foods before your procedure.
- **Drink only** clear liquids up until 2 hours before your report time.
- You need no extended prep today unless your care team tells you differently.

5 hours before your scheduled report time

GoLytely instructions

- Shake the jug of remaining solution well.
- Every 10 to 15 minutes, quickly drink 8 fluid ounces (1 cup or 240 milliliters) of the solution until you have finished drinking 8 cups total. This will take about 2 hours.
- **Even if your stools already look clear, finish drinking all your prep solution. It is possible stool still remains in your colon.**

2 hours before your scheduled report time

- **Stop** drinking all liquids.

2 MoviPrep and extended prep instructions

- The directions on the product package may differ from the MoviPrep instructions in this resource. Read and follow the instructions in this resource.
- You receive the generic version PEG-3350 at the pharmacy unless you or your care team requests the brand name MoviPrep. The product is called MoviPrep in these instructions.
- If you have G6PD deficiency or allergies to polyethylene glycol (PEG-3350), vitamin C or artificial sweeteners, **do not use this product**. Ask your care team what colon-cleansing product to use.

| MoviPrep product contains: | For extended prep, buy the following: |
|--|--|
| <ul style="list-style-type: none">• 1-liter mixing container.• 2 sets of powder packets. Each set has a Pouch A and a Pouch B.• Possibly flavor packets. | <ul style="list-style-type: none">• Bisacodyl 5-mg tablets, Dulcolax or store brand.• Polyethylene glycol powder, MiraLax or store brand. |

5 to 7 days before your procedure

- **Begin extended prep instructions:** Each day, mix 1 heaping tablespoon of MiraLax into 4 to 8 fluid ounces of a clear beverage. Drink all of it.
- Follow a low-fiber diet.

2 days before your procedure

- **Do not eat** any solid foods. **Drink only** full and clear liquids.
- For a list of full and clear liquids, see the eating and drinking instructions in this resource.

At 8 a.m.

Extended prep instructions: Take two 5-milligram tablets of bisacodyl. Swallow the tablets whole with a cup of water.

At 4 p.m.

Extended prep instructions: Mix 1 heaping tablespoon of MiraLax into 4 to 8 fluid ounces of a clear beverage. Drink all of it.

Day before your procedure

- **Do not eat** any solid foods. **Drink only** clear liquids on this day.

At 8 a.m.

Extended prep instructions: Take two 5-milligram tablets of bisacodyl. Swallow the tablets whole with a cup of water.

Prepare the MoviPrep solution

You may mix the solution ahead of time. **Use the solution within 24 hours after you mix it.**
To mix the solution:

- Empty one Pouch A and one Pouch B into the mixing container. If the product comes with a flavor packet, you may empty it into the mixing container as well. **Do not** add flavorings to the solution other than the flavor packet that may be included. **Do not** add ice.
- To dissolve the powder, add lukewarm water to the top line of the container. Shake well.
- Refrigerate the solution until you need it.

Start at 4 p.m. for best results (Start no later than 6 p.m.)

Extended prep instructions: Mix 1 heaping tablespoon of MiraLax into 4 to 8 fluid ounces of a clear beverage. Drink all of it.

MoviPrep instructions

- Mix the container of solution if you have not done so already.
- Each mark on the container shows 8 fluid ounces (240-milliliters).
- Drink to the first mark on the container. Every 15 minutes, drink to the next mark. Finish all the solution from the first container.
- After you finish the solution, drink at least 16 fluid ounces (2 cups or 480 milliliters) of clear liquids. This hydrates you and helps the solution cleanse your colon better.
- If you wish, you may now mix the second container of solution. Use the second set of pouches, Pouch A and Pouch B. Follow the “Prepare the MoviPrep solution” instructions. You will use this second container of solution the day of your procedure.

Day of your procedure

- **Do not eat** any solid foods before your procedure.
- **Drink only** clear liquids up until 2 hours before your report time.
- You need no extended prep today unless your care team tells you differently.

3 to 6 hours before your scheduled report time

MoviPrep instructions

- If you did not do so already, mix the second container of solution. Follow the “Prepare the MoviPrep solution” instructions.
- Drink to the first mark on the second container of mixed solution. Every 15 minutes, drink to the next mark.
- After you finish the solution, drink at least 16 fluid ounces (2 cups or 480 milliliters) of clear liquids.
- **Even if your stools already look clear, finish drinking all your prep solution. It is possible stool still remains in your colon.**

2 hours before your scheduled report time

- **Stop** drinking all liquids.

3 Suprep and extended prep instructions

- The directions on the product package may differ from the Suprep instructions in this resource. Read and follow the instructions in this resource.
- If you have an allergy to sucralose, **do not use this product**. Ask your care team what colon-cleansing product to use.

| Suprep product contains: | For extended prep, buy the following: |
|---|--|
| <ul style="list-style-type: none">• 16-ounce mixing container.• 2 bottles of solution. | <ul style="list-style-type: none">• Bisacodyl 5-mg tablets, Dulcolax or store brand.• Polyethylene glycol powder, MiraLax or store brand. |

5 to 7 days before your procedure

- **Begin extended prep instructions:** Each day, mix 1 heaping tablespoon of MiraLax into 4 to 8 fluid ounces of a clear beverage. Drink all of it.
- Follow a low-fiber diet.

2 days before your procedure

- **Do not eat** any solid foods. **Drink only** full and clear liquids.
- For a list of full and clear liquids, see the eating and drinking instructions in this resource.

At 8 a.m.

Extended prep instructions: Take two 5-milligram tablets of bisacodyl. Swallow the tablets whole with a cup of water.

At 4 p.m.

Extended prep instructions: Mix 1 heaping tablespoon of MiraLax into 4 to 8 fluid ounces of a clear beverage. Drink all of it.

Day before your procedure

- **Do not eat** any solid foods. **Drink only** clear liquids on this day.

At 8 a.m.

Extended prep instructions: Take two 5-milligram tablets of bisacodyl. Swallow the tablets whole with a cup of water.

Start at 4 p.m. for best results (Start no later than 6 p.m.)

Extended prep instructions: Mix 1 heaping tablespoon of MiraLax into 4 to 8 fluid ounces of a clear beverage. Drink all of it.

Suprep instructions

- Pour 1 bottle of solution into the mixing container.
- Add cold water to the 16-ounce (480-milliliter) line on the container and mix. **Do not drink Suprep without adding water.**
- Drink all the mixed solution in the container.
- Over the next hour, drink two 16-ounce (480-milliliter) containers of water. This hydrates you and helps the solution cleanse your colon better.

Day of your procedure

- **Do not eat** any solid foods before your procedure.
- **Drink only** clear liquids up until 2 hours before your report time.
- You need no extended prep today unless your care team tells you differently.

3 to 6 hours before your scheduled report time

Suprep instructions

- Pour the second bottle of Suprep solution into the mixing container.
- Add cold water to the 16-ounce (480-milliliter) line on the container and mix. **Do not drink Suprep without adding water.**
- Drink all the mixed solution in the container.
- Over the next hour, drink two 16-ounce (480-milliliter) containers of water.
- **Even if your stools already look clear, finish drinking all your prep solution. It is possible stool still remains in your colon.**

2 hours before your scheduled report time

- **Stop** drinking all liquids.

4 Plenvu and extended prep instructions

- The directions on the product package may differ from the Plenvu instructions in this resource. Read and follow the instructions in this resource.
- If you have an allergy to aspartame, sucralose, vitamin C or polyethylene glycol (PEG-3350), **do not use this product**. Ask your care team what colon-cleansing product to use.
- If you have G6PD deficiency, **do not use this product**. Ask your care team what colon-cleansing product to use.

| Plenvu product contains: | For extended prep, buy the following: |
|---|--|
| <ul style="list-style-type: none">• Mixing container.• One Dose 1 pouch.• Two Dose 2 pouches labeled Pouch A and Pouch B. | <ul style="list-style-type: none">• Bisacodyl 5-mg tablets, Dulcolax or store brand.• Polyethylene glycol powder, MiraLax or store brand. |

5 to 7 days before your procedure

- **Begin extended prep instructions:** Each day, mix 1 heaping tablespoon of MiraLax into 4 to 8 fluid ounces of a clear beverage. Drink all of it.
- Follow a low-fiber diet.

2 days before your procedure

- **Do not eat** any solid foods.
- **Drink only** full and clear liquids. For a list of full and clear liquids, see the eating and drinking instructions in this resource.

At 8 a.m.

Extended prep instructions: Take two 5-milligram tablets of bisacodyl. Swallow the tablets whole with a cup of water.

At 4 p.m.

Extended prep instructions: Mix 1 heaping tablespoon of MiraLax into 4 to 8 fluid ounces of a clear beverage. Drink all of it.

Day before your procedure

- **Do not eat** any solid foods. **Drink only** clear liquids on this day.

At 8 a.m.

Extended prep instructions: Take two 5-milligram tablets of bisacodyl. Swallow the tablets whole with a cup of water.

Prepare the first Plenvu solution

You may mix the solution up to six hours before you drink it. To mix the solution:

- Empty the Dose 1 pouch into the mixing container. Add 16 fluid ounces (480 milliliters) of water to the container.
- Stir the contents or shake the container for 2 to 3 minutes to dissolve the powder.
- You may refrigerate the solution until you need it.

Start at 4 p.m. for best results (Start no later than 6 p.m.)

Extended prep instructions: Mix 1 heaping tablespoon of MiraLax into 4 to 8 fluid ounces of a clear beverage. Drink all of it.

Plenvu instructions

- Slowly drink all the prepared Dose 1 solution over 30 minutes.
- Over the next 30 minutes, slowly drink 16 fluid ounces (2 cups or 480 milliliters) of clear liquids. This hydrates you and helps the solution cleanse your colon better.
- Continue to drink additional clear liquids throughout the evening.

Day of your procedure

- **Do not eat** any solid foods before your procedure.
- **Drink only** clear liquids up until 2 hours before your report time.
- You need no extended prep today unless your care team tells you differently.

Prepare the second Plenvu solution

You may mix the solution up to six hours before you drink it. To mix the solution:

- Empty both Dose 2 pouches (Pouch A and Pouch B) into the mixing container. Add 16 fluid ounces (480 milliliters) of water to the container.
- Stir the contents or shake the container for 2 to 3 minutes to dissolve the powder.
- You may refrigerate the solution until you need it.

3 to 6 hours before your scheduled report time

Plenvu instructions

- Slowly drink all the prepared Dose 2 solution over 30 minutes.
- Over the next 30 minutes, slowly drink 16 fluid ounces (2 cups or 480 milliliters) of clear liquids.
- **Even if your stools already look clear, finish drinking all your prep solution. It is possible stool still remains in your colon.**

2 hours before your scheduled report time

- **Stop** drinking all liquids.

5 MiraLax and extended prep instructions

- The directions on the product package may differ from the MiraLax instructions in this resource. Read and follow the instructions in this resource.
- If you have an allergy to polyethylene glycol (PEG-3350), **do not use this product**. Ask your care team what colon-cleansing product to use.

What to buy for this preparation

MiraLax powder

- 1 bottle of MiraLax powder, 8.3 ounces (238 grams), for the first MiraLax solution.
- 2 bottles of MiraLax powder, 4.1 ounces (119 grams).
 - You use one bottle for the second MiraLax solution.
 - You use the other bottle for the extended prep.

Bisacodyl laxative

- Bisacodyl tablets that contain 5 mg of bisacodyl each (Dulcolax laxative or store brand). **Do not** use a stool softener.

Gatorade

- 64 fluid ounces (about 2 liters) of Gatorade or Gatorade G2 for first solution.
 - 32 fluid ounces (about 1 liter) of Gatorade or Gatorade G2 for second solution.
- You also need a large container for mixing. It should hold at least 1/2 gallon (2 liters).

About Gatorade: **Do not** drink Gatorade that is red or purple. Also do not drink powdered Gatorade. **Do not use a drink other than Gatorade.** The electrolytes in Gatorade are important for your colon preparation. Note that bottle sizes may vary.

5 to 7 days before your procedure

- **Begin extended prep instructions:** Each day, mix 1 heaping tablespoon of MiraLax into 4 to 8 fluid ounces of a clear beverage. Drink all of it.
- Follow a low-fiber diet.

2 days before your procedure

- **Do not eat** any solid foods. **Drink only** full and clear liquids.
- For a list of full and clear liquids, see the eating and drinking instructions in this resource.

At 8 a.m.

Extended prep instructions: Take two 5-milligram tablets of bisacodyl. Swallow the tablets whole with a cup of water.

At 4 p.m.

Extended prep instructions: Mix 1 heaping tablespoon of MiraLax into 4 to 8 fluid ounces of a clear beverage. Drink all of it.

Day before your procedure

- **Do not eat** any solid foods. **Drink only** clear liquids on this day.

At 8 a.m.

Extended prep instructions: Take two 5-milligram tablets of bisacodyl. Swallow the tablets whole with a cup of water.

Prepare the first MiraLax solution

- Mix the entire bottle of MiraLax 8.3 ounces (238 grams) with 64 fluid ounces of Gatorade in the large container.
- Refrigerate the prepared solution.

Start at 4 p.m. for best results (Start no later than 6 p.m.)

Extended prep instructions: Mix 1 heaping tablespoon of MiraLax into 4 to 8 fluid ounces of a clear beverage. Drink all of it.

MiraLax prep instructions

- Take two 5-milligram bisacodyl tablets. Swallow the tablets whole with water.
- Every 15 to 20 minutes, drink 8 fluid ounces (1 cup or 240 milliliters) of the first prepared MiraLax solution until it is gone.

Day of your procedure

- **Do not eat** any solid foods before your procedure.
- **Drink only** clear liquids up until 2 hours before your report time.
- You need no extended prep today unless your care team tells you differently.

Prepare the second MiraLax solution

- Mix the entire bottle of MiraLax 4.1 ounces (119 grams) with 32 fluid ounces of Gatorade in the large container.
- Refrigerate the prepared solution.

3 to 6 hours before your scheduled report time

MiraLax instructions

- Every 15 to 20 minutes, drink 8 fluid ounces (1 cup or 240 milliliters) of the second prepared solution until it is gone.
- Continue drinking clear liquids up until 2 hours before your report time.
- **Even if your stools already look clear, finish drinking all your prep solution. It is possible stool still remains in your colon.**

2 hours before your scheduled report time

- **Stop** drinking all liquids.

6 Clenpiq and extended prep instructions

- The directions on the product package may differ from the Clenpiq instructions in this resource. Read and follow the instructions in this resource.
- If you have an allergy to sucralose, **do not use this product**. Ask your care team what colon-cleansing product to use.
- **Do not store Clenpiq in the refrigerator.**
- Clenpiq can reduce the absorption of some medicines. If you take the following medicines, take your dose **at least 2 hours before or 6 hours after** drinking the Clenpiq preparation:
 - Tetracycline
 - Fluoroquinolone antibiotics
 - Digoxin
 - Chlorpromazine
 - Penicillamine

| Clenpiq product contains: | For extended prep, buy the following: |
|---|--|
| <ul style="list-style-type: none">• 2 bottles of solution.• One 8-ounce cup. | <ul style="list-style-type: none">• Bisacodyl 5-mg tablets, Dulcolax or store brand.• Polyethylene glycol powder, MiraLax or store brand. |

5 to 7 days before your procedure

- **Begin extended prep instructions:** Each day, mix 1 heaping tablespoon of MiraLax into 4 to 8 fluid ounces of a clear beverage. Drink all of it.
- Follow a low-fiber diet.

2 days before your procedure

- **Do not eat** any solid foods. **Drink only** full and clear liquids.
- For a list of full and clear liquids, see the eating and drinking instructions in this resource.

At 8 a.m.

Extended prep instructions: Take two 5-milligram tablets of bisacodyl. Swallow the tablets whole with a cup of water.

At 4 p.m.

Extended prep instructions: Mix 1 heaping tablespoon of MiraLax into 4 to 8 fluid ounces of a clear beverage. Drink all of it.

Day before your procedure

- **Do not eat** any solid foods. **Drink only** clear liquids on this day.

At 8 a.m.

Extended prep instructions: Take two 5-milligram tablets of bisacodyl. Swallow the tablets whole with a cup of water.

Start at 4 p.m. for best results (Start no later than 6 p.m.)

Extended prep instructions: Mix 1 heaping tablespoon of MiraLax into 4 to 8 fluid ounces of a clear beverage. Drink all of it.

Clenpiq instructions

- Drink the first bottle of the solution.
- Drink 5 or more 8-ounce (240-milliliter) cups of clear liquids within 5 hours before you go to bed. This hydrates you and helps the solution cleanse your colon better.

Day of your procedure

- **Do not eat** any solid foods before your procedure.
- **Drink only** clear liquids up until 2 hours before your report time.
- You need no extended prep today unless your care team tells you differently.

5 hours before your scheduled report time

Clenpiq instructions

- Drink the second bottle of the solution.
- Drink 4 or more 8-ounce (240-milliliter) cups of clear liquids.
- **Even if your stools already look clear, finish drinking all your prep solution. It is possible stool still remains in your colon.**

2 hours before your scheduled report time

Stop drinking all liquids.

7 Sutab and extended prep instructions

- The directions on the product package may differ from the Sutab instructions in this resource. Read and follow the instructions in this resource.
- If you have an allergy to polyethylene glycol (PEG-8000), **do not use this product**. Ask your care team what colon-cleansing product to use.
- Drink plenty of fluids before, during and after you take Sutab. If you have symptoms, such as nausea, bloating or cramping, drink the fluid at a slower pace.
- If you take daily medicines, take them **at least 1 hour before** you take the Sutab doses. But certain medicines should be taken **at least 2 hours before and not less than 6 hours after** your Sutab doses. These medicines include the following:
 - Tetracycline
 - Fluoroquinolone antibiotics
 - Digoxin
 - Chlorpromazine
 - Penicillamine

| Sutab product contains: | For extended prep, buy the following: |
|---|--|
| <ul style="list-style-type: none">• 2 bottles. Each bottle contains 12 Sutab tablets.• A 16-ounce container for water. | <ul style="list-style-type: none">• Bisacodyl 5-mg tablets, Dulcolax or store brand.• Polyethylene glycol powder, MiraLax or store brand. |

5 to 7 days before your procedure

- **Begin extended prep instructions:** Each day, mix 1 heaping tablespoon of MiraLax into 4 to 8 fluid ounces of a clear beverage. Drink all of it.
- Follow a low-fiber diet.

2 days before your procedure

- **Do not eat** any solid foods. **Drink only** full and clear liquids.
- For a list of full and clear liquids, see the eating and drinking instructions in this resource.

At 8 a.m.

Extended prep instructions: Take two 5-milligram tablets of bisacodyl. Swallow the tablets whole with a cup of water.

At 4 p.m.

Extended prep instructions: Mix 1 heaping tablespoon of MiraLax into 4 to 8 fluid ounces of a clear beverage. Drink all of it.

Day before your procedure – Sutab dose 1

- **Do not eat** any solid foods. **Drink only** clear liquids on this day.

At 8 a.m.

Extended prep instructions: Take two 5-milligram tablets of bisacodyl. Swallow the tablets whole with a cup of water.

Start at 4 p.m. for best results (Start no later than 6 p.m.)

Extended prep instructions: Mix 1 heaping tablespoon of MiraLax into 4 to 8 fluid ounces of a clear beverage. Drink all of it.

Sutab instructions

1. Open the first bottle of 12 tablets. Fill the container that came with your kit with 16 fluid ounces (480 milliliters) of water. There is a fill line on the container that marks 16 ounces. **Each time you fill the container, fill it to that mark.**
2. Swallow 1 tablet every 1 to 2 minutes with a sip of water. Finish drinking the first container of water. This should take about 20 minutes.
3. Note what time it is when you take the last tablet.
4. About **1 hour** after you swallow the last tablet, fill the container again with water to the fill line. Drink this second container of water over the next 30 minutes.
5. About **30 minutes** after you finish the second container of water, fill the container again to the fill line. Drink this third container of water over the next 30 minutes.
6. Make sure it is at least 4 hours after you finish Dose 1 before you start Dose 2.

Day of your procedure – Sutab dose 2

- **Do not eat** any solid foods before your procedure.
- **Drink only** clear liquids up until 2 hours before your report time.
- You need no extended prep today unless your care team tells you differently.

5 to 8 hours before your scheduled report time

Sutab instructions

1. Open the second bottle of 12 tablets. Fill the container with water to the fill line.
2. Repeat steps 2 to 5 from Dose 1.
3. Finish taking the tablets and drinking the water at least 2 hours before your scheduled report time.
4. **Even if your stools already look clear, finish drinking all your prep solution. It is possible stool still remains in your colon.**

2 hours before your scheduled report time

- **Stop** drinking all liquids.

Notes

Barbara Woodward Lips

PATIENT EDUCATION CENTER

Mrs. Lips, a resident of San Antonio, Texas, was a loyal patient of Mayo Clinic for more than 40 years. She was a self-made business leader who significantly expanded her family's activities in oil, gas and ranching, even as she assembled a museum-quality collection of antiques and fine art. She was best known by Mayo staff for her patient advocacy and support. Upon her death in 1995, Mrs. Lips paid the ultimate compliment by leaving her entire estate to Mayo Clinic.

Mrs. Lips had a profound appreciation for the care she received at Mayo Clinic. By naming the Barbara Woodward Lips Patient Education Center, Mayo Clinic honors her generosity, her love of learning, her belief in patient empowerment, and her dedication to high-quality care.

This information is for your education only. It does not replace medical advice, diagnosis or treatment. New medical research or practices may change this information. If you have questions about a medical condition, talk with a member of your healthcare team.

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