



TWO-DAY BOWEL PREP INSTRUCTION

IMPORTANT: For your safety, YOUR PROCEDURE WILL BE CANCELLED if these instructions are not followed.

Please watch the instruction video [LINK](#) and read these instructions carefully at least 14 days before your colonoscopy so you are well prepared.

If you have chronic constipation or a prior poor bowel prep history, your provider may ask you to follow the TWO-DAY bowel prep instructions to achieve better prep quality. Please follow the instructions carefully.

Please pick up your prescription bowel prep from your pharmacy, and purchase OTCs Dulcolax® 5mg tablets (not suppository) and Gas-X® (simethicone) chewable 125 mg tablets. If your insurance does not cover the bowel prep kit your provider prescribed, don't hesitate to contact us or use MiraLAX® Prep (follow the detailed instructions on our website).

Medication adjustment.

- ❖ You will continue your blood pressure, heart medications, inhalers, and aspirin.
- ❖ If you take GLP-1 agonist medications such as Ozempic®, Mounjaro®, Trulicity®, Victoza®, etc., you must stop 7 days before the procedure for weekly injectables. If you take it daily, please stop 1 day prior.
- ❖ If you take diabetes medication:
 - Take oral medication as prescribed.
 - **Insulin:** Please take ½ the baseline insulin dose the night before and in the morning of your procedure. Monitor your blood sugar in the morning of your exam and contact your PCP for further questions.
- ❖ If you take blood thinners, such as Rivaroxaban (Xarelto®), Apixaban (Eliquis®), Warfarin (Coumadin®), Clopidogrel (Plavix®), or other similar medicines, please contact your prescribing provider for instructions on when to stop them.
- ❖ If you take iron pills, stop 5 days before.

Three days before your procedure:

Start a low-residue diet.

Two days before your procedure:

DRINK ONLY CLEAR LIQUIDS THE ENTIRE DAY for breakfast, lunch, and dinner.

No Solid Foods.

Drink 8 ounces of a clear liquid each hour to prevent dehydration.

Drink one bottle of 10-oz Magnesium citrate solution at 8 am. You may experience some bowel movements or even loose stools.

IF YOU HAVE CHRONIC KIDNEY DISEASE, DO NOT USE Magnesium Citrate. Take 10mg Dulcolax at 8 am and another 10mg Dulcolax at 5 pm instead.

One day before your colonoscopy:

Please check the name of your bowel prep kit and follow our specific instructions for that preparation on our website ([link](#)). Disregard the instructions provided with the kit.

YOU MUST BE ACCCOMPANIED BY A RESPONSIBLE ADULT WHO WILL STAY AND TRANSPORT YOU HOME FROM THE FACILITY. IF THEY ARE NOT ON SITE, YOUR PROCEDURE WILL BE CANCELLED.

Please bring your insurance card(s) and photo ID with you the day of your procedure. Please remove all jewelry, including earrings and facial/oral piercings, and leave all valuables at home.
If you must cancel this appointment, please give a 72-hour notice.

Contact Harford Endoscopy Center during business hours if you have questions about your appointment or these instructions. You can reach us through our Klara text messaging at 443-785-5508 or call 410-838-6345