

Preparation Instructions Colonoscopy

Below are some simple instructions to help you prepare for your colonoscopy.

Colonoscopy Prep Instructions can be viewed online at the following web address: <http://www.cpggh.org/video>



You will need to purchase:

- 1) MiraLAX, 238gm (8.3oz) bottle
- 2) Dulcolax oral laxative, 4 tablets (5mg each tablet)
- 3) 56oz Gatorade - DO NOT USE RED (lemon-lime best) plus 8oz water=64oz

2 Days Prior to Procedure:

- Drink at least eight large glasses of water throughout the day. Please avoid fibrous foods such as vegetables, fruits and fiber supplements. **No solid foods after midnight.**

1 Day Prior to Procedure:

Begin **clear liquid** diet - Includes water, broth, coffee/tea (no milk/creamer) Gatorade, juices, soft drinks, jello and popsicles are okay. Avoid red colored fluids. **Drink an additional 8 large glasses of water throughout the day.** Please limit caffeinated fluids.

- **12pm/noon** - Take the 4 Dulcolax tablets with 8oz water. Thoroughly mix entire bottle of Miralax with 56oz of Gatorade +8oz water or Crystal Light to equal 64 oz and refrigerate.
- **3-5pm** - Drink 8oz of solution every 15 minutes until solution is 2/3 finished, approximately 42 oz.

The Endoscopy nurse will call you before 5pm with arrival time

Expect to experience frequent loose or watery stools for the next several hours. If you experience nausea or vomiting, take a 15 to 30 minute break, and then continue drinking prep solution.

Day of Procedure:

- 4 hours before your procedure, drink the remaining 1/3 (approximately 22 oz) of Gatorade mix. You may drink clear liquids up to four hours before your scheduled arrival time. You may take your essential morning medications with a sip of water unless otherwise directed by your physician or anesthesia.
- Remember, the endoscopy nurse will call you before 5pm the day before your procedure to inform you of your arrival time.