

Refer to this instruction sheet before your colonoscopy. Colonoscopy prep instructions are extremely important for a successful colonoscopy. If you do not follow the instructions precisely, your bowels may not be ready for the procedure and you will need to repeat the procedure.

Obtain the following supplies at your local pharmacy:

- Four Dulcolax® (bisacodyl) (each tablet contains 5 mg of bisacodyl laxative-NOT stool softener).
- One bottle of Miralax® (8.3 ounces or 238 grams each)
- Two bottles of clear liquid (32 ounces each) (not red): Gatorade®, G2®, Gatorade Ice®, Powerade®, or Powerade Zero®.

The day before your colonoscopy Day: _____

• No solid food from now until your procedure is done. Begin a clear liquid diet (below). Drink at least 8 glasses of water or clear liquids during the day to avoid dehydration.

You **MAY** drink these clear liquids: • Gatorade, Crystal Light Lemonade®, Pedialyte® or Powerade® • Coffee or tea (black only) • Carbonated or non-carbonated soda • Fruit-flavored drinks • Apple juice, white cranberry juice or white grape juice • Jell-O (gelatin) or popsicles • Broth

DO NOT drink these liquids: • Alcohol • Milk or non-dairy creamer • Juice with pulp • Any liquid you cannot see through

• At 3pm, take 4 Dulcolax tablets. Mix 64 ounces of liquid with 8.3 ounces Miralax and place in the refrigerator (do not add ice).

• Between 5 and 6 pm, drink one 8-ounce glass of the Miralax/Gatorade solution and continue drinking one 8 ounce glass every 15 minutes thereafter until the mixture (64 ounces) is gone. Set a timer for every 15 minutes to keep pace.

• Stay near a toilet, as you will have diarrhea.

The day of your colonoscopy Day: _____

DO NOT eat/drink anything when you wake up. You may take medications with a small sip of water.

Arrive at _____ at _____ am for your procedure.

You **MUST** have a ride home from the facility. Take a picture ID and your insurance cards.

Colon cleansing tips:

1. Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal.
2. Try drinking the solution with a straw. It may be easier to tolerate.
3. Rarely, people may have nausea or vomiting with the prep. If this occurs, give yourself a 30 - minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
4. You may have bowel cramps until the stool has flushed from your colon (this may take 2 to 4 hours and sometimes much longer).
5. Anal skin irritation or a flare of hemorrhoid inflammation may occur. If this happens, treat it with over-the-counter-remedies, such as hydrocortisone cream, baby wipes, Vaseline, or TUCKS pads. Avoid products containing alcohol.