

# RENAL PATIENTS: THREE DAY COLONOSCOPY PREP INSTRUCTIONS

Please use this page as a checklist for your preparation.

## ☐ **ITEMS TO PURCHASE BEFORE YOUR PROCEDURE:**

Please purchase the following items from your local pharmacy at least 4 DAYS prior to your appointment.

- **Miralax, 1 bottle (125 grams)**- no prescription needed.
- **2 Fleet enemas**- no prescription needed, over the counter.
- **2 Dulcolax (bisacodyl) tablets**- no prescription needed, over the counter.
- **Gas X (simethicone) 125 mg capsules** – no prescription needed, over the counter.
- **Meclizine 25 mg tablet (for nausea)**- no prescription needed, over the counter.
- **Golytely or Nulytely prep**- A prescription is required and has been sent to your pharmacy
- **1 liter of gatorade**

## ☐ **FIVE DAYS BEFORE YOUR PROCEDURE: Begin low fiber diet**- see attached instructions.

## ☐ **THREE (3) BEFORE YOUR PROCEDURE : (WHEN YOU WAKE) Begin a full liquid diet. Continue this diet tomorrow.**

You may consume the following items when on a FULL liquid diet:

- Fruit juices (including juices with pulp. No red or purple.)
- Butter, oil, cream, custard, and pudding
- Plain ice cream, frozen yogurt, and sherbet. (No red or purple.)
- Fruit ices and popsicles (No red or purple.)
- Sugar, honey, and syrups
- Soup broth (bouillon, consommé, and strained cream soups. No solids.)
- Sodas (Ginger Ale and Sprite. No red or purple.)
- Boost, Ensure, Resource, and other liquid supplements
- Tea or coffee with cream, milk, sugar, or honey

## ☐ **12:00 PM (three (3) days before procedure):**

- **You will administer the first of the 2 fleet enemas.** After your bowels have moved in response to the first enema, then **administer the second.** Continue the full liquid diet for the rest of the day.

## ☐ **8:00 AM (two (2) days before procedure):**

- Drink 17 grams of Miralax mixed with 1 liter of Gatorade (no red or purple coloring).  
**This is to be consumed within 1 hour. ---VERY IMPORTANT---**

## ☐ **THE DAY BEFORE YOUR PROCEDURE: (WHEN YOU WAKE) Begin a clear liquid diet.**

You may consume the following items when on a CLEAR liquid diet:

- Coffee, water, or tea. (We agree it's odd, but coffee and tea without milk or creamer is considered a clear liquid)
- Clear carbonated beverages (soft drinks), ginger ale, sprite, 7up, sparkling water, etc. No "Energy" beverages.
- Gelatin dessert, (JELLO) plain or fruit flavored. No red or purple coloring/No solid pieces of fruit.
- Apple juice, white grape juice, or white cranberry juice. No pulp, no orange juice.
- Gatorade, Powerade, lemonade, or limeade. No red or purple.
- Clear, fat-free, beef or chicken broths, or bouillon.
- Snowballs, popsicles, slushes. No red or purple coloring, no pulp.
- Avoid any liquids not listed above.

## ☐ **12:00 PM (the day before procedure):**

- Take 2 Dulcolax (bisacodyl) tablets with a glass of clear liquid
- Take 1 Gas X (simethicone) 125 mg capsule with a glass of clear liquid

## ☐ **2:00 PM (the day before procedure), for prevention of nausea and vomiting:**

- Take ½ of a tablet (12.5 mg) of Meclizine every 6 hours as needed for nausea and/or vomiting. **DO NOT TAKE MORE THAN 50 MG IN A 24 HOUR PERIOD.**

## ☐ **6:00 PM (the day before procedure) Begin the Golytely or Nulytely prep.**

- This is to be consumed within 1 hour and 30 minutes. The entire gallon is required for the success of the examination. ---Very Important---. Continue the clear liquid diet until midnight.

**After you complete the bowel prep and the required water, you may not have anything else after midnight by mouth except for your medications, with a small sip of water.**

Please follow these instructions to ensure you have a very good prep. The goal is for stool to be CLEAR OR YELLOW liquid – NO BROWN. Avoid having to repeat the procedure due to a poor prep!

**Please call (225)755-4531 or (225)236-5503 if you have any questions about your prep instructions.**