RENAI 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.

Rev. 6/7/22
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.