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.
- Magnesium citrate- 1 bottle (10 ounces)– 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
- Drink 1 bottle (10 ounces) of Magnesium citrate within 30 minutes. Continue with your full liquid diet for the remainder 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.

Rev. 6/7/22
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.