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step-by-step prep
instruction video.

PREPARATION FOR COLONOSCOPY

(Follow **ONLY** these instructions given by the GI Department)

WHAT TO BUY BEFORE YOUR COLONOSCOPY

PURCHASE THESE ITEMS FROM THE STORE AND PHARMACY:

- **FOUR (4) TABLETS OF BISACODYL (DULCOLAX) LAXATIVE** from pharmacy.
- **A 238-G BOTTLE OF MIRALAX POWDER** (or two (2) 119-g bottles).
- **A 64-OZ BOTTLE OF GATORADE, CRYSTAL LIGHT LEMONADE**, or any clear liquid that isn't red or purple.
- **CLEAR LIQUIDS TO DRINK FOR THE DAY BEFORE YOUR COLONOSCOPY** (no red or purple). You can find a list of approved clear liquids below.

Examples of clear liquids (NO RED OR PURPLE)

- Broth: Clear only (no bone broth)
- Coffee, tea (no milk)
- Juice: Clear only (no pulp, no lemonade or coconut water)
- Soda and Kool-Aid
- Jell-O and Popsicle
- Clear hard candy

FOR PATIENTS WITH DIABETES OR KIDNEY DISEASE:

Use water, Gatorade Zero, or Crystal Light instead of regular Gatorade.

7 DAYS BEFORE YOUR COLONOSCOPY

READ ALL PREP INSTRUCTIONS.

- **WEIGHT LOSS OR DIABETES MEDICATIONS THAT SLOW DIGESTION MAY NEED TO BE STOPPED.** Please speak with our department about instructions to hold if you are taking these medications.
- **ASK YOUR PRESCRIBING DOCTOR ABOUT WHEN TO STOP TAKING BLOOD THINNERS** such as Plavix, Xarelto, Eliquis, Coumadin, or Brilinta. You may continue taking aspirin.
- **IF YOU TAKE INSULIN**, ask your prescribing doctor about dosage for your preparation day. Do not take any insulin the day of the procedure.
- **STOP TAKING** all herbal products, oil-based vitamins, and iron supplements.
- **STOP TAKING** fiber supplements such as Metamucil, Citrucel, FiberCon, Benefiber, or Konsyl.
- **STOP TAKING** medicine that stops diarrhea such as Imodium, Kaopectate, or Pepto-Bismol.
- **STOP EATING** salads, nuts, seeds, popcorn, hard fruits, and hard vegetables.

**MAKE SURE SOMEONE IS
AVAILABLE TO DRIVE YOU HOME
AFTER YOUR PROCEDURE.**

THE DAY BEFORE YOUR COLONOSCOPY

- **DRINK ONLY CLEAR LIQUIDS ALL DAY**
- **NO SOLID FOOD**
- **NO ALCOHOL**

- **DRINK AT LEAST EIGHT (8) OUNCES OF CLEAR LIQUIDS EVERY HOUR** while awake.
- **PREPARE YOUR BOWEL PREPARATION:** Mix an entire bottle of Miralax powder (238g) with 64 ounces (2 quarts) of any clear liquid you like (no red or purple). Pour it into a big container, such as a pitcher, and shake well. Then put it into the refrigerator to keep it cold.
- **AT 4 P.M., TAKE FOUR (4) BISACODYL (DULCOLAX) TABLETS WITH 8 OUNCES OF CLEAR LIQUIDS** (no red or purple).
- **AT 5 P.M., DRINK HALF OF THE MIRALAX SOLUTION, FOUR (4) 8-OZ GLASSES.** Try to drink one (1) glass every 15-30 minutes. If you are too full or have nausea or vomiting, stop for 20-30 minutes, and then start again. Refrigerate remaining solution.

**OUR OFFICE WILL CALL YOU BY
2 P.M. TO TELL YOU WHAT TIME TO
COME FOR YOUR PROCEDURE.**

THE DAY OF YOUR COLONOSCOPY

- **NO SOLID FOOD**
- **NO ALCOHOL**
- **NO GUM OR MINTS**

- **FIVE (5) HOURS BEFORE YOUR PROCEDURE ARRIVAL TIME, DRINK THE SECOND HALF OF THE MIRALAX SOLUTION: FOUR (4) 8-OUNCE GLASSES.**
- Drink one (1) glass every 15-30 minutes until you finish. **MAKE SURE YOU FINISH THIS WITHIN TWO (2) HOURS.**
- **STOP DRINKING ALL LIQUIDS THREE (3) HOURS BEFORE YOUR ARRIVAL TIME.** If you don't, your procedure may be delayed or canceled.
- Take your morning asthma and seizure medications with a small sip of water.
- If you take medicine for your heart or blood pressure, please talk to our nurse before your procedure.

**AFTER YOUR PROCEDURE, YOU
MAY EAT YOUR USUAL DIET
UNLESS YOUR DOCTOR TELLS
YOU DIFFERENTLY.**

YOU NEED TO DRINK ALL OF THE PREPARATION SOLUTION AS INSTRUCTED!

*THIS HELPS CLEAN YOUR BOWEL WELL, EVEN
IF YOU'RE ALREADY PASSING CLEAR LIQUID.*



**If you think the prep is not working by
10 P.M., call 856.342.2000 and ask for the
Gastroenterology Fellow on call.**

**IF YOU HAVE ANY QUESTIONS OR
CONCERNS, DON'T HESITATE TO CALL.**

(MONDAY-FRIDAY, 8 A.M.-4:30 P.M.)

856.380.7750

