



Scan to watch a step-by-step prep instruction video.

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

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 Brulinta
- ◆ **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.

2 DAYS BEFORE YOUR COLONOSCOPY

GET 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).
- **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 on your patient checklist.

FOR PATIENTS WITH DIABETES OR KIDNEY DISEASE:

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

Examples of clear liquids: (NO RED OR PURPLE COLOR)

- Broth (clear only)
- Clear hard candy
- Coffee (no milk)
- Jell-O
- Juice (clear, no pulp)
- Kool-Aid
- Popsicle
- Soda
- Tea

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 entire bottle of Miralax powder (238-g) with 64-oz (2 quarts) of any clear liquid you like. Pour it into a big container, such as a pitcher, and shake well. Then put it into the fridge to keep it cold.
- **AT 4 P.M., TAKE FOUR (4) BISACODYL (DULCOLAX) TABLETS WITH 8-OZ OF CLEAR LIQUIDS.**
- **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/vomiting, stop for 20-30 minutes, and then start again. Refrigerate remaining solution.

YOU WILL GET A CALL ON THIS DAY ABOUT WHEN TO COME IN 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-OZ GLASSES.**
- Drink one (1) glass every 15-30 minutes until you finish, **BUT 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.)
Please call the location you are scheduled to have your procedure.

- CAMDEN: 856.342.2047
- MOORESTOWN: 856.533.1961
- MOUNT LAUREL: 856.380.7750
- SALEM: 856.339.6040
- WILLINGBORO: 609.589.3651

