

Colonoscopy

Preparation Guide

1–2 Weeks Before

- If you take prescription medications regularly — including blood thinners, and diabetes medications — ask the doctor who prescribed them if and when you should stop taking them.
- Do not stop taking any of your regular medications without direction from your doctor.
- Purchase the preparation materials:
 - MiraLAX®: 2 bottles, 238 grams each
 - Dulcolax® (Bisacodyl): 4 pills, 5 mgs each
 - Gatorade or Crystal Light Lemonade: 64 ounces (two 32 ounce bottles), yellow, green, or clear only.
- Try to eat a low-fiber diet for one week prior to your exam. Avoid seeds, nuts, popcorn, or other high-fiber foods.
- Arrange for a responsible person to pick you up after your exam is complete.

1 Day Before

Food

- Do not eat any solid food for breakfast, lunch or dinner.
- You may have clear broth, Jell-O® and ice pops.

Drink

- Plenty of clear fluids, such as: water, broth, apple/white grape juice, ginger ale, Sprite®.
- Do not have any red, blue or purple foods and drinks.
- Do not drink alcohol.
- Coffee and tea are OK.
- Inform the person to accompany you home that your estimated exam completion time will be 2 – 3 hours after arrival time.

4 PM The Day Before the Exam

- Take 4 Dulcolax® pills.
- Mix 20 capfuls of MiraLAX® with 64 ounces of Gatorade or Crystal Light Lemonade or 10 capfuls per 32 oz solution. Stir and place in the refrigerator.

5–6 PM The Day Before the Exam

- Drink the first half (32 ounces) of MiraLAX® solution during this hour as outlined below. You may not enjoy the taste; try drinking it cold, use a straw, or take small sips. Use a measuring cup or large drinking glass to measure 8 ounces.
 - 5:00 pm: Drink 8 ounces of the MiraLAX® solution.
 - 5:15 pm: Drink 8 ounces of the MiraLAX® solution.
 - 5:30 pm: Drink 8 ounces of the MiraLAX® solution.
 - 5:45 pm: Drink 8 ounces of the MiraLAX® solution.

6 Hours Before Arrival Time

Note: You may need to set an alarm to meet this time requirement.

- Please follow the times listed in the Solution Schedule table to the right, based on your ARRIVAL time.
 - _____ Drink 8 ounces of the MiraLAX® solution.
 - _____ Drink 8 ounces of the MiraLAX® solution.
 - _____ Drink 8 ounces of the MiraLAX® solution.
 - _____ Drink 8 ounces of the MiraLAX® solution.
- Do not drink or eat within 3 hours before the exam.



Solution Schedule

Based on your arrival time, please refer to the chart below to the second part of your colonoscopy.

Drink 8 oz	Drink 8 oz	Drink 8 oz	Drink 8 oz	Arrival Time
1:00 AM	1:15 AM	1:30 AM	1:45 AM	7:00 AM
1:30 AM	1:45 AM	2:00 AM	2:15 AM	7:30 AM
2:00 AM	2:15 AM	2:30 AM	2:45 AM	8:00 AM
2:30 AM	2:45 AM	3:00 AM	3:15 AM	8:30 AM
3:00 AM	3:15 AM	3:30 AM	3:45 AM	9:00 AM
3:30 AM	3:45 AM	4:00 AM	4:15 AM	9:30 AM
4:00 AM	4:15 AM	4:30 AM	4:45 AM	10:00 AM
4:30 AM	4:45 AM	5:00 AM	5:15 AM	10:30 AM
5:00 AM	5:15 AM	5:30 AM	5:45 AM	11:00 AM
5:30 AM	5:45 AM	6:00 AM	6:15 AM	11:30 AM
6:00 AM	6:15 AM	6:30 AM	6:45 AM	12:00 PM
6:30 AM	6:45 AM	7:00 AM	7:15 AM	12:30 PM
7:00 AM	7:15 AM	7:30 AM	7:45 AM	1:00 PM
7:30 AM	7:45 AM	8:00 AM	8:15 AM	1:30 PM
8:00 AM	8:15 AM	8:30 AM	8:45 AM	2:00 PM
8:30 AM	8:45 AM	9:00 AM	9:15 AM	2:30 PM
9:00 AM	9:15 AM	9:30 AM	9:45 AM	3:00 pm
9:30 AM	9:45 AM	10:00 AM	10:15 AM	3:30 PM
10:00 AM	10:15 AM	10:30 AM	10:45 AM	4:00 PM