

Colonoscopy Preparation Instructions

EXTENDED PEG-ELECTROLYTE SOLUTION PREPARATION

These instructions have been prepared to help you understand the procedure for cleansing the colon (large intestine). A thorough examination depends on your colon being carefully cleansed and emptied. Stool remaining in the colon can obscure important details, resulting in the exam having to be repeated at another time.

Two Days Before Your Colonoscopy:

1. **NO FOOD.** At 6:00 AM on _____, begin a **clear liquid diet.** (See clear liquid diet list at right).
2. At **6:00 PM**, drink 1 bottle of Magnesium Citrate (Continue to drink clear liquids freely.)

On The Day Before of Your Colonoscopy:

1. **NO FOOD.** Continue **clear liquid diet.**
2. At **6:00 PM**, begin drinking the Prep Solution.
 - Drink one 8 oz glass every 5-10 minutes, or as fast as tolerated, until the **entire gallon has been consumed.**
 - This typically takes 3-6 hours to complete.
 - The prep can work within 30-60 minutes.
 - Remain close to the toilet, as frequent bowel movements will occur.
3. At Bedtime swallow 2 Dulcolax tablets.
4. **After completing the Prep Solution, continue to drink clear liquids until 2 hours before your colonoscopy appointment, then nothing more by mouth.**

If you are passing brown fluid after completing the prep or you are unable to complete the prep, call the number listed at the right as early as possible.

VERY IMPORTANT: You must have a responsible adult with you to drive you home. If not have a driver, your procedure may not be done.

Medications You Need to Cleanse the Bowel:

- **Magnesium Citrate 1 Bottle**
- **Prep Solution** (Golytely, Colyte, Nulytely, or Trilyte) 1 gallon
- **2 Dulcolax** (bisacodyl) 5mg tablet

Diet Instructions

Clear Liquid Diet List: *(Any liquid that is clear enough to read print through it.)*

- Clear fruit juices without pulp (apple, white grape)
- Water, tea or black coffee
- Low sodium clear broths
- Jell-O® – lemon, lime or orange, without topping or fruits
- Popsicles®
- Kool-aid®, Tang®, Crystal Light®, Gatorade®, soda pop
- **Avoid red, as this can look like blood in the colon.**

Some Suggestions:

- You may experience chills. Dress warmly (socks, robe, blanket)
- If you experience nausea or vomiting, stop drinking for 1 hour and then start again at a slower rate. Drink each glass in 10-20 minutes, resting 10 minutes between each glass,
- Most patients have a bowel movement within an hour or two of starting the solution. Be patient, the prep solution rarely fails.

24-Hour Phone Line:

Tacoma: 253-272-5127 Federal Way: 253-838-9839
Puyallup, Downtown: 253-841-3933 Gig Harbor: 253-858-0112
Puyallup, Sunrise at South Hill: 253-770-3700

Please visit us at: www.digestivehlth.com