COLONOSCOPY BOWEL PREP INSTRUCTIONS

Purchase:
(1) 238g bottle of MiraLax (Glycolax) – no prescription needed
4 Dulcolax Laxative Tablets – no prescription needed
64 oz. Bottle of Gatorade (NOT RED), Crystal light, or another clear liquid of choice

Clear Liquids Include:
Water, Clear Fruit Juice (Apple, Cranberry, Grape), Black Coffee, Tea, Ginger Ale,
Gatorade, Kool-Aid, Hi-C, plain Jell-O, Ice Pops, Clear Broth or Bouillon, Crystal Light,
Lemonade, Soda (regular or diet).
Absolutely NO milk products!
NO red liquids!

The day before your Colonoscopy Procedure

- Have a light breakfast.
- Have a light lunch.
- Dietary guidelines:
  Light meal includes any items from the clear liquids list, one boiled or poached egg or small
  portion of skinless chicken/turkey or fish; white toast-no butter; one 8 fl oz can of Ensure. Do
  not take Ensure Plus. Do not eat vegetables, fruits, nuts, butter, milk, cheese, beef, pork, lamb,
  or whole grain cereals.
- After lunch, and up until midnight, have clear liquids only. Make sure you drink plenty of liquids
  to keep yourself hydrated and to assist in cleaning out your bowels effectively.
- At 1:00 pm, take (4) Dulcolax Tablets with 8 oz of water. Swallow the tablets whole with a full
  glass of water. The package may direct you not to exceed (2) tablets at any time, but for the
  purpose of this examination, you should take (4).
- At 5:00 pm, mix the 238g bottle of MiraLax in 64 oz of clear liquid of your choice and shake the
  solution until the MiraLax is completely dissolved. Drink 8 oz glassfuls at your own pace. It
  may take 3 to 4 hours to drink all the solution.
- Nothing to eat or drink after midnight the night before your procedure.

After the Procedure

- Make sure that you have a ride to and from the hospital the day of your procedure. You will be
  receiving sedation and will not be able to drive after your procedure.
- You may resume a regular diet after your procedure unless instructed otherwise, although you
  may want to eat a lighter diet than usual for your first meal or two.
- If any biopsies were taken during your procedure, our nurse will contact you with the results
  when they are back.
- Please feel free to call our office with any problems or questions 484-426-2900.

Patient/Guardian Signature         Date         Witness Signature         Date