

How to Prepare for you Colonoscopy

*** No corn, seeds, nuts, or tough skins (tomatoes) 7 days before.

-You will need **TWO** 32oz Gatorade bottles (**NO** Red or Purple Flavors) or **64** oz of any clear liquid. (Ginger Ale, 7up, water)

-**Ducolax** (Laxative not stool softener) **4 Tablets**

-**Miralax Powder 238 Gram Bottle**

THE DAY BEFORE PROCEDURE: NO SOLID FOODS

Begin a clear liquid diet upon waking:

Water, Black Coffee or Tea (no milk or cream)

Ginger Ale, 7up or Mountain Dew (no cola)

Juice **without pulp** (Apple, White Cranberry or White Grape)

Broth or Bouillon

Jello and Popsicles (**No Red or Purple**)

4:00pm: Take 4 of the Ducolax tablets with a glass of water. Continue with a clear liquid diet. Mix entire Miralax 238 gram powder with the 2 bottles of Gatorade in a juice pitcher until dissolved and chill, if desired.

6:00pm: Begin drinking Gatorade/Miralax solution at a rate of 8oz every 20 minutes until all 64oz are gone. (It is essential that you finish the entire 64oz to ensure a clean colon) Clear liquids until midnight. **NOTHING AFTER MIDNIGHT**

Procedure Day:

*You may take your high blood pressure and heart medication.

*If you are diabetic, Do **NOT** take oral diabetic medications.

****IF YOUR ARRIVAL TIME FOR YOUR COLONOSCOPY IS 11:00AM OR AFTER, PLEASE DO A SPLIT DOSE BOWEL PREP. TAKE 4 DUCOLAX TABLETS AT 4PM THEN DRINK HALF OF YOUR GATORADE/MIROLAX SOLUTION AT 6PM ON PREP DAY, AND FINISH DRINKING THE OTHER HALF OF THE SOLUTION AT 6AM THE MORNING OF YOU COLONOSCOPY. THIS IS TO ENSURE YOUR COLON IS COMPLETELY EMPTY.**

Any Questions, please CALL (315) 393-2611