

THREE DAY PREP FOR COLONOSCOPY

Patient Instructions

BEFORE YOUR EXAM:

You will need to purchase the following items from your local pharmacy at least 4 days prior to your appointment. You will begin your preparation 3 days before your procedure.

- **2 Fleet enemas - No prescription needed**
- **1 bottle of Magnesium Citrate 10 oz** – in a little green or clear bottle. **No prescription needed.**
(may improve taste if you refrigerate)
- **1 bottle of Miralax (125gram) - No prescription needed**
- **1 liter of Gatorade**
- **2 Dulcolax (Bisacodyl) Tablets - No prescription needed**
- **Halflytely Prep** - a prescription is required and has been sent to your pharmacy.

THREE DAYS BEFORE YOUR EXAM:

When you wake on _____ (day) _____ (date), begin clear liquids only – no solid foods may be eaten until after your procedure has been performed/completed.

You may consume the following items:

- Coffee, water, or tea. **(We agree it's odd, but coffee and tea without milk or creamer is considered a clear liquid)**
- Clear carbonated beverages (soft drinks), ginger ale, sprite, etc. **No "Energy" beverages.**
- Gelatin dessert, (JELLO) plain or fruit flavored. **No red or purple coloring.**
- Apple juice, white grape juice, or cranberry juice. **No pulp, no orange juice.**
- Gatorade, Powerade, lemonade, or limeade. **No red or purple.**
- Clear, fat-free, beef or chicken broths, or bouillon.
- Snowballs, popsicles, slushes. **No red or purple coloring, no pulp.**
- Clear hard candies, sugar, salt.
- **Avoid any liquids not listed above.**

- **12:00 PM (noon, three days before your exam), Day _____**

You will administer the first of the 2 fleet enemas. After your bowels have moved in response to the first enema, then administer the second. Continue the clear liquid diet for the rest of the day and in morning

- **12:00 PM (noon, two days before your exam), Day _____**

You are to drink 1 bottle of Magnesium Citrate. **Drink the entire bottle within 30 min.** Then continue with your clear liquid (only) diet for the remainder of the day and in morning.

- **8:00 AM (the day before your exam), Day _____**

You are to drink 1 bottle of Miralax 125 grams mixed with 1 liter of Gatorade (no red or purple coloring).

This is to be consumed within 1 hour. ---Very Important---

- **12:00 PM (the day before your exam),** take 2 Bisacodyl tablets by mouth with a glass of clear liquid.

- **3:00 PM (the day before your exam),** begin drinking the Halflytely.

This is to be consumed within 1 hour and 30 minutes. The entire half gallon is required for the success of the examination. ---Very Important---. Continue the clear liquid diet until midnight.

***** You may not have anything else by mouth after midnight - except for your medications, with a small sip of water. *****

***Please follow these instructions to ensure you have a very good prep –
The goal is for stool to be liquid in consistency and it should be clear or yellow.
Avoid having to repeat the procedure due to a poor prep!***