

Pre-procedure Instructions-Colonoscopy Split-Prep

Plymouth General Surgery 603.536.5670

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YOUR PROCEDURE HAS BEEN SCHEDULED FOR: _____

THE DAY PRIOR TO YOUR PROCEDURE, YOU CANNOT CONSUME SOLID FOOD.

Your Procedure WILL BE CANCELLED if you have not followed these prep instructions correctly.

- You will need to purchase:
 - (4) Dulcolax 5mg tablets at local pharmacy – these are laxative tablets
 - (1) 238 gram bottle of Miralax – this is a tasteless powder laxative
 - 64 ounces of any clear (see through) liquid, you will mix with Miralax. (*NO carbonated beverages or vegetable juice)

1 DAY BEFORE YOUR COLONOSCOPY:

- Only consume clear liquids.
- Starting at 3pm: Take 2 Dulcolax laxative tablets with 8oz of clear liquids.
- Starting at 6pm: Mix the entire bottle of Miralax in the 64oz bottle of Gatorade. Make sure powder is well dissolved. Begin drinking the first half of the prep solution at a rate of 8 ounces every 15-30 minutes (over 1-2 hours) until half of the prep solution is finished. If you feel full or nauseated by drinking this solution then slow down and finish it before midnight.
- Starting at 8pm: Take 2 Dulcolax Laxative tablets with 8oz of clear liquid.

DAY OF YOUR COLONOSCOPY:

- Continue clear liquids until you start the second half of your prep.
- 5 Hours prior to your arrival time: Start the second half of the prep solution. Drink 8 ounces every 15-30 minutes until the solution is finished, once finished, nothing to drink until after the procedure.
- It is very important that you finish the remaining prep solution within 1-2 hrs.

ON THE DAY OF YOUR PROCEDURE:

- Please report to OUTPATIENT REGISTRATION at the main entrance of the hospital (not the emergency room entrance).

YOU MUST HAVE A RESPONSIBLE DRIVER TAKE YOU HOME AFTER THE PROCEDURE.

Due to the effects of the anesthesia, we ask that you have someone present to care for you for 24 hours.

NO TAXIS OR HIRED RIDES

No gum chewing, hard candies, lozenges, etc the day of your procedure

You will receive a call on _____ with your arrival time for your procedure.

A nurse will be calling you to review your medical and surgical history over the phone before your procedure.

CLEAR LIQUID DIET

WATER

Tea and black coffee **WITHOUT** any milk, or lightener

Flavored water, Italian Ice

Clear, light colored juices such as apple, white grape, white cranberry

Clear broth including chicken, beef, or vegetable (bouillon cubes are best, **nothing with any fibers** in it)

Soda, Sports drinks such as Gatorade and Propel

Popsicles **WITHOUT** fruit or cream, Jell-O or other gelatin **WITHOUT** fruit

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