Pre-procedure Instructions-Colonoscopy Split-Prep

Plymouth General Surgery 603.536.5670

YOUR PROCEDURE HAS BEEN SCHEDULED FOR: _____

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

Your Procedure <u>WILL BE CANCELLED</u> if you have not followed these prep instructions correctly.

- <u>You will need to purchase</u>:
  - (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:

o Only consume clear liquids.
o Starting at 3pm: Take 2 Dulcolax laxative tablets with 8oz of clear liquids.
o 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.
o Starting at 8pm: Take 2 Dulcolax Laxative tablets with 8oz of clear liquid.

DAY OF YOUR COLONOSCOPY:

o Continue clear liquids until you start the second half of your prep.
o 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.
o 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 <u>RESPONSIBLE</u> 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.

<u>NO TAXIS OR HIRED RIDES</u>

<u>No gum chewing, hard candies, lozenges, etc the day of your procedure</u>

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.

<u>CLEAR LIQUID DIET</u>

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

5/12/25