



DIGESTIVE HEALTH ASSOCIATES
PROFESSIONAL CORPORATION

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Colon Cleanse Preparation for Colonoscopy
With split dose oral electrolyte lavage

Read these instructions at least three days before your scheduled colonoscopy.

Your colonoscopy is scheduled for _____. Please arrive by _____.

You will be given a sedative for this procedure, and will not be able to drive until the following day. **YOU MUST ARRANGE IN ADVANCE FOR SOMEONE TO DRIVE YOU HOME.**

The purpose of the prep is to cleanse your colon. A clean colon is necessary for us to provide a safe, comfortable and accurate examination. **Failure to perform your colon cleanse properly could result in the doctor having to stop the procedure without completing it, leading to the additional costs and inconvenience of a repeat procedure.** Please don't hesitate to call us if you have any questions.

At least three days before your procedure: Pick up your prep kit prescription at your pharmacy and read this page.

Two days before your procedure: Begin avoiding foods containing seeds or fibrous skins (such as tomatoes, corn, lettuce, cucumbers, fruits). *If you normally have a bowel movement less frequently than once a day, take a full adult dose of Milk of Magnesia at bedtime (typically 4 TBSP of liquid form, or 8 chewable tablets).*

One day before your procedure:

In the morning, mix the prescription prep powder (Golytely®, Nulytely®, Colyte® or generic equivalent PEG-3350 with electrolytes) into a solution as instructed on the bottle and refrigerate. Do not add flavoring unless the pharmacist has provided it as part of your prep kit (in which case it is optional). Otherwise, please follow the instructions on this page rather than the instructions enclosed with your prep kit.

Consume a regular diet (avoiding seeds and fibrous foods) until 6:00 PM. After 6:00 PM, you may not eat solid foods again until after your procedure is complete. You may drink clear liquids after 6:00 PM. (*see General Preparation for Endoscopic Procedures*).

At 6:00 PM begin drinking the prep solution. Drink one 8-ounce glass every 10 minutes until you have finished **half** of the bottle (2 liters). You should be finished drinking by 8:00 p.m. You may drink clear liquids after 6 PM (see attached list).

You may feel bloated and nauseated as you drink. Some individuals may vomit. These side effects are temporary, and most individuals can successfully complete the prep. Within an hour or so of starting most individuals will begin having bowel movements that will progress to clear yellow diarrhea.

At 8:00 PM take two 5 mg tablets of bisacodyl (Dulcolax®). Continue clear liquids.

The day of your examination: Four hours before your arrival time, take any necessary medication and begin drinking one 8-ounce glass of the remaining prep solution every 10 minutes, continuing until finished. You must finish the prep solution at least 2 hours before your arrival. **You cannot have anything else by mouth, including water, gum or hard candy during the 2 hours before your arrival. You cannot chew tobacco during the 6 hours prior to arrival**



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Final friendly reminders...

Our goal is to provide you with a safe, complete and accurate examination. For us to do this you must:

1. Arrange in advance for a ride home by a responsible adult after sedation/anesthesia.
2. Limit your diet and cleanse your colon as instructed.
3. **Do not eat or drink absolutely anything for 2 hours** prior to your procedure.
4. **Do not chew gum or tobacco for 2 hours** prior to your procedure.
5. Do not use alcohol, marijuana or medications that may cause acute intoxication or impairment prior to your procedure.



Please call us if you have any questions about how you should prepare for your procedure.