Main Line HealthCare
Physician Network

MAIN LINE HEALTHCARE GASTROENTEROLOGY
TEL 484.476.8390
FAX 484.476.7842
Mainlinehealth.org/mlhcgi

COLONOSCOPY PATIENT PREP INSTRUCTIONS

Please read and follow the preparation instructions carefully to ensure your colon is fully cleansed, and the procedure can be performed safely.
In certain cases, your physician may advise using a prescription solution as part of the preparation. If this applies to you, your doctor will provide separate directions for that regimen.

Failure to properly follow the preparation instructions may result in your colonoscopy being postponed, canceled, or needing to be repeated.

Ride home required: You will need a ride home from your procedure with someone you know. Leaving the endoscopy center alone or driving after your procedure is not permitted.

Medications: Certain medications need to be held prior to colonoscopy. If you are on **blood thinners**, **weight loss medications** or **diabetes medications**, please discuss this with your GI physician, primary care provider and/or cardiologist at the time of scheduling your procedure.

- Injectable GLP-1 please stop 1 week prior to procedure.
- Oral GLP-1 stop 1 days prior to procedure.

One Week Before Your Procedure

Purchase the following:

Dulcolax (bisacodyl)	Four pills, each containing 5 mg of **BISACODYL** (***NOT*** Dulcolax stool softener)
Gatorade	Two 32oz. bottles of Gatorade totaling 64oz. (**NOT red, purple or blue**)
MiraLAX	**238 grams** / one 8-ounce bottle
Simethicone (Gas-X) tablets	Four pills, 125mg tablets

Do not eat any of the following foods for one week prior to your procedure, as they can remain in your colon after the completion of your prep:

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• **Beans**	• **Peas**
• **Corn**	• **Peels of fruits and vegetables**
• **Nuts**	• **Seeds**
• **Oatmeal**	• **Whole grains**

Preparation: The Day Before Your Procedure

Before 10 AM The day before your procedure	**Eat a FIBER-FREE breakfast, including any or all of the following:** • 2 fried or boiled eggs • ½ cup of milk • ½ cup of yogurt (not red or purple or with anything added; no granola, nuts or seeds) • Up to 2 slices of cheese • 2–3 slices of **white bread** • 1 tablespoon of butter or olive oil
After 12 Noon The day before your procedure **NO SOLID FOOD**	**Follow a diet of clear liquids only:** • Broth/bouillon • Carbonated soft drinks • Clear juice – apple, white grape, lemonade (no pulp) • Coffee or tea without milk or cream • Crystal Lite / Gatorade or similar sports drinks (nothing red or purple) • Jell-O (no fruit or toppings – not red or purple) • Kool-Aid • Popsicles (not red or purple) • Water **NO ALCOHOL · NO DAIRY DRINKS · NO JUICE WITH PULP · NO RED, PURPLE OR BLUE PRODUCTS**
2:00 PM The day before your procedure	Take **four (4) 5 mg Dulcolax (bisacodyl) tablets** with 8 ounces of water. **Please continue with clear liquids only.**
6:00 PM The day before your procedure **NO SOLID FOOD**	**First dose of liquid prep (32 oz)** Mix 1 entire bottle of MiraLAX (polyethylene glycol) 238 g in 64 oz of clear liquid. Drink 1 glass (8 oz) of MiraLAX prep every 20 minutes until 4 glasses are finished (32 oz total). This will take approximately an hour and a half to complete. Continue to hydrate with clear liquids throughout the remainder of the day.

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Preparation: The Day of Your Procedure

6 Hours Before your procedure **NO SOLID FOOD**	**Second dose of liquid prep (32 oz)** Drink 1 glass (8 oz) of MiraLAX prep every 20 minutes until 4 glasses are finished (32 oz total). This will take approximately an hour and a half to complete. Take **four 125mg Simethicone (Gas-X) tablets** after completing the MiraLAX prep. **The goal is to have slightly yellow liquid stool, not brown, and no debris.**
4 Hours Before your procedure **NO FOOD OR DRINK**	**All prep and clear liquids MUST be completed 4 hours prior to your appointment.** This is the time when morning medications should be taken if directed to do so by your provider, or wait until after your procedure. **Nothing by mouth. No hard candy, chewing gum, cigarettes, or medications.** **Eating or drinking at this time may result in cancellation or delay of your procedure.**

Tips for the Prep

- Occasionally people experience nausea with the prep. If this occurs, give yourself a short break and then continue to drink the prep solution.
- Refrigerating the MiraLAX/Gatorade prep may make it easier to drink.
- Stay near a toilet/bathroom during your prep. You **WILL** have diarrhea.
- Depending on your arrival time, you may have to set an alarm to get up and complete the prep.

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