

Prep instructions for Colonoscopy

2 Nights BEFORE procedure:

Remember it is very important to drink plenty of water and clear liquids throughout the day in order to avoid dehydration and to also flush the bowel.

1.



8:00 PM- Take 4 tablets of Bisacodyl pills with a full glass of water before bed time.

- ❖ DRINK PLENTY OF WATER **ENTIRE DAY.**
- ❖ **NO** nuts
- ❖ **NO** seeds
- ❖ **NO** meat products
- ❖ You may also apply *Vaseline* to rectal area after every bowl movement.

Day BEFORE procedure:

1.



Early morning (8AM)- Take bottle of 10oz bottle *Magnesium Citrate*. (Flavor Lemon or Original)

- **Continue to drink clear liquids throughout the day.**

2.



9:00 AM—2:00 PM

Start to drink the *Golytely Gallon* prescribed by the Doctor.

✓ Drink 1 glass of medication (*Golytely*) every **15 minutes** until 12PM. Please make sure gallon is completely finished.

- ❖ **NO** solid food.
- ❖ Clear Liquid Diet **ALL DAY.**

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The day of procedure:

NOTHING TO EAT OR DRINK UNTIL AFTER PROCEDURE!



- If you take ***blood pressure medication*** please take it on the morning of procedure at **5AM with a sip of water.**
- **DO NOT** take ***diabetic medication*** on the morning of procedure!
- You **MUST** be accompanied by a friend or relative to drive you home. You may **NOT** drive or go home by ***bus*** or ***taxi*** **ALONE**. If you do not bring someone along to take you home your procedure **WILL BE CANCELLED.**

If any questions or concerns about your procedure or Prep- instructions please call our office at (708) 499-5678 **OR** (773) 237-2900.