



COLONOSCOPY PREPARATION

DAY BEFORE SCOPE

The patient may only have clear liquids the day before the scope, **NO FOOD**. Clear liquids may include: water, Sprite, 7UP, Gatorade, Powerade, Propel, Pedialyte, Kool-Aid, popsicles, plain/clear broth, Jell-O, and apple juice, (**nothing red or purple**). The patient may not take antacids or Carafate 24 hours prior to the procedure. No gum or candy is allowed the day before the procedure. The patient may brush their teeth.

For patients 9+ years

- 9:00 a.m. 2 Dulcolax (Bisacodyl) laxative tabs (5 mg each) for a total of 10 mg **or** 2 Exlax chewable squares (15 mg each) for a total of (30 mg).
- 10:00 a.m. Mix Miralax (Polyethylene glycol) 10 capfuls in 64 oz. of water, Sprite, 7UP, Gatorade, Powerade, Propel, Pedialyte, or Kool-Aid, (**no red or purple**).
Start drinking 6-8 oz. of the mixture every 30 minutes until it is gone.
- 3:00 p.m. 2 Dulcolax (Bisacodyl) laxative tabs (5 mg each) for a total of 10 mg **or** 2 Exlax chewable squares (15 mg each) for a total of (30 mg).

***Medications listed are available over the counter and may be purchased at your local pharmacy.**

DAY OF SCOPE

The patient may only have water, Sprite, 7UP, Gatorade, Powerade, Propel, Pedialyte, or Kool-Aid, (**nothing red or purple**), up to 3 hours prior to the scheduled scope time. No gum or candy is allowed the day of the procedure. The patient may brush their teeth.

***The patient must bring a driver the day of the procedure. The patient may not drive for 24 hours after the procedure.**

***Please ask for school and work excuses prior to discharge from the recovery room.**

AFTER YOU GO HOME

- Have the patient take it easy for the remainder of the day.
- Start a regular diet later that night.
- Allow the patient to go to school and resume regular activities the next day unless the doctor states otherwise.
- The patient may experience a minor sore throat or gas pains that should go away within 24 hours.

If you have any questions or concerns about this test or preparation, please call our office at 330-543-4488 and ask to speak to a nurse.

***All dates, times, and providers are subject to change for scheduled procedures.**