

## IMPORTANT

You must follow the instructions exactly in order to cleanse your colon adequately. If your colon is not properly prepared, it may result in cancellation of your procedure.

**1 DAY PRIOR** to your procedure – you will need to follow steps 1-4 below.



1

### YOUR BOWEL PREPARATION – 4-Liter Preparation

- You will receive one, 4-liter container with powdered bowel preparation.



2

### PREPARING YOUR BOWEL PREPARATION

#### The night before your colonoscopy:

- Fill the 4-Liter preparation container with water to the indicated line on the side of the bottle. Shake vigorously and do not refrigerate.

#### At 3 p.m. – Day Prior to Your Procedure:

- Take 2 Dulcolax tablets at 3:00 PM with 8 ounces of water and then take 2 more tablets at 3:10 PM with another 8 ounces of water for a total of 4 tablets. Do not crush or chew the tablets.



3

### DRINKING YOUR BOWEL PREPARATION

#### At 6 p.m. – Day Prior to Your Procedure:

- Begin drinking prep solution. Drink eight 8 oz glasses every 10-15 minutes (should be approximately half of the prep solution container). It is best to drink the whole glass quickly rather than sipping small amounts continuously.



4

### MORNING OF YOUR PROCEDURE

#### At \_\_\_\_\_ – Day of Your Procedure:

- Drink the remaining glasses of the prep solution, (1) 8 oz glass every 10-15 minutes. Start drinking the rest of the prep solution as above and continue until the solution is all gone. This should be completed in 1 hour or less. **The prep is not complete until the stools are clear or light-yellow water (see handout). DO NOT eat any solid food until after your exam.**

You may have clear liquids the morning of the procedure up until \_\_\_\_\_, then nothing by mouth.