THREE DAY PREP FOR COLONOSCOPY
Patient Instructions

BEFORE YOUR EXAM:
You will need to purchase the following items from your local pharmacy at least 4 days prior to your appointment. You will begin your preparation 3 days before your procedure.

- 2 Fleet enemas - No prescription needed
- 1 bottle of Magnesium Citrate – in a little green or clear glass bottle. No prescription needed. (may improve taste if you refrigerate)
- 1 bottle of Miralax (125gram) - No prescription needed
- 1 liter of Gatorade
- 2 Bisacodyl Tablets - No prescription needed
- Halflytely Prep - a prescription is required and has been sent to your pharmacy.

THREE DAYS BEFORE YOUR EXAM:

- Begin your clear liquid diet when you wake on: Day: ____________ Date: ____________
- No solid foods are to be eaten on this day. You may ONLY have clear liquids.
  - Coffee, water, or tea. (no milk or creamer added)
  - Carbonated beverages (soft drinks), ginger ale. No “Energy” beverages.
  - Gelatin dessert, (JELLO) plain or fruit flavored. No red or purple coloring.
  - Apple juice, white grape juice, or cranberry juice. No pulp, no orange juice.
  - Gatorade, Powerade, lemonade, or limeade. No red or purple.
  - Clear, fat-free, beef or chicken broths, or bouillon.
  - Snowballs, popsicles, slushes. No red or purple coloring, no pulp.
  - Clear hard candies, sugar, salt.
  - Avoid any liquids not listed above.

- 12:00 PM (noon, three days before your exam), Day_____________
  You will administer the first of the 2 fleet enemas. After your bowels have moved in response to the first enema, then administer the second. Continue on the clear liquid diet for the rest of the day and in morning.

- 12:00 PM (noon, two days before your exam), Day_____________
  You are to drink 1 bottle of Magnesium Citrate. Then continue with your clear liquid (only) diet for the remainder of the day and in morning.

- 8:00 AM (the day before your exam), Day_____________
  You are to drink 1 bottle of Miralax 125 grams mixed with 1 liter of Gatorade. This is to be consumed within 1 hour.

- 12:00 PM (the day before your exam), take 2 Bisacodyl tablets by mouth with a glass of clear liquid.

- 3:00 PM (the day before your exam), begin drinking the Halflytely.
  This is to be consumed within 1 and a half hours. The entire half gallon is required for the success of the examination. Then continue your clear liquid (only) diet until midnight.

** DO NOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT.....NOT EVEN WATER......

Avoid having to repeat the procedure due to a poor prep!