

HRRMC GENERAL AND TRAUMA SURGERY

One-day Colonoscopy Prep Instructions

The day before your colonoscopy

- Drink plenty of clear liquids like water, tea, coffee, soda, clear fruit juices, bouillon, Jell-O and Gatorade. *Nothing red, please*.
- NO SOLID FOODS, NO MILK PRODUCTS OR NON-DAIRY CREAMERS, NO ALCOHOLIC BEVERAGES.
- Sometime between 12 p.m. (noon) and 6 p.m., take two Dulcolax laxative (Bisacodyl) 5 mg. tablets.
- 4 hours after you take the Dulcolax tablets, consume 238 grams of MiraLax mixed with 64 oz. of Gatorade. Try to consume 8 ounces every 15 minutes until entire amount is finished
- At bedtime, take two Gas-X 125 mg yellow chewable tablets.
- You may continue to drink clear liquids until midnight.

The day of your colonoscopy

Be at the HRRMC admissions office at:

a.m./p.m. on	
Your scheduled procedure time is	
Plan to allow 2-3 hours for the procedure. You MUST have someone drive you home after the procedure.	
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- 1. NO BLOOD PRESSURE MEDS the day of procedure.
- 2. No antacids 24 hours prior to your procedure. You may take Tums or Rolaids.
- 3. If you are diabetic, please check with our PCP on how to modify your insulin dosage or diabetes medications.
- 4. If you are on Coumadin or another blood thinner, please speak with your PCP regarding instructions to discontinue or modify these medications.

If you have any questions, please contact our office at (719) 530-2276.