

PREPARATION FOR COLONOSCOPY WITH COLON SURGERY FOLLOWING

You will need to purchase the following items:

- 4 Dulcolax or bisacodyl tablets (5 mg tablets)
- MiraLAX in large bottle (238 grams)
- 64-ounces bottle of Gatorade or Crystal light (any flavor-not red)
- Pick up your prescription for Neomycin and Flagyl antibiotics at your pharmacy **if your physician indicates you need them.**
- Do 1 Fleets Enema per rectum at 5 pm the evening before your Colonoscopy

On the day before your test, drink only **clear liquids**. Examples include:

Water	7-Up	Tea
Apple Juice	Ginger Ale	Coffee (no milk of cream)
Popsicles	Gatorade	Jell-o (Lemon, Orange, or Lime)
Sprite	Crystal Light	Beef or Chicken Bouillon / Broth

Follow the directions below:

1:00pm	Take 4 Dulcolax tablets with 1-2 glasses of clear liquids.
2:00pm	Mix the entire bottle of MiraLAX in 64 ounces of Gatorade or Crystal Light. Place in refrigerator.
4:00pm	Begin drinking the MiraLAX mixture. Drink one glass every 10-15 minutes until it is all gone. You should finish it all within two hours.
5:00pm	Do 1 Fleet Enema per rectum before the colonoscopy
3 Hours before Colonoscopy	May have clear liquids up to 3 Hours before Colonoscopy, then after that > Nothing else to eat or drink.
NEXT DAY	After Colonoscopy stay on Clear Liquids and be sure to keep well hydrated. (Drink a glass of clear liquids per hour while awake).
1:00pm	Take Neomycin 1000mg 1 tablet by mouth (prescription) Take Flagyl 500mg 1 tablet by mouth (prescription)
2:00pm	Take Neomycin 1000mg 1 tablet by mouth (prescription) Take Flagyl 500mg 1 tablet by mouth (prescription)
9:00pm	Take Neomycin 1000mg 1 tablet by mouth (prescription) Take Flagyl 500mg 1 tablet by mouth (prescription)
3 Hours Before Surgery	May have clear liquids up to 3 Hours before Surgery, then after that > Nothing else to eat or drink.