



COLONOSCOPY PREPARATION WITH HALF LIQUID LAXATIVE

- The day before the test, you may have only clear liquids for breakfast, lunch and dinner (nothing red or purple in color). This includes:
 - * Clear broth (i.e. chicken, beef, vegetable)
 - * Pop (including Pepsi, Coke, Vernors, etc.)
 - * Coffee or Tea (sugar or substitute is OK, NO cream)
 - * Fruit Juices (pulp free only, i.e. orange, apple, etc.)
 - * Water
 - * Popsicles or Fruit Ices (no red or purple)
 - * Jello (no red or purple)
 - * Gatorade (no red or purple)

Avoid anything red or purple in color. No dairy products or non-dairy creamer, this includes Ensure.
NO SOLID FOOD THE DAY BEFORE THE TEST!
It is important to drink a lot of fluids throughout the day.
- The day before the test, in the morning, mix the liquid laxative as directed on the bottle and refrigerate for use that evening.
- Starting at 3 PM on the day before the test, you should drink the laxative solution, at least 8 ounces every 15 minutes, until at least ½ of the solution is gone. Please put the remaining solution back in the refrigerator. If you become nauseous, expand the drinking time to one 8 ounce glass every ½ hour.
- At 7 PM take **three Dulcolax Laxative 5 mg** tablets with a glass of water. (These may be purchased at your pharmacy, over the counter.) Take all three tablets even if stool output appears clear.
- If you do not have any bowel movements by 8 PM, after taking the Dulcolax tablets, then drink another two to four 8 ounce glasses of the laxative and use a Fleet Enema. You will have a bowel movement. Continue drinking the solution until your stool output appears clear (no particles or formed stool).
- If you can not tolerate the prep or have questions, please call the office at (586) 447-0704. After 5 PM, please call the answering service at (586) 693-3876.
- You are to have nothing to eat or drink from midnight the night before the test. Not even water. **See instructions at the bottom of the page regarding taking your medications.**
- Due to State Regulations, you must have a driver for transportation, who must stay with you for the procedure.**
- No aspirin or aspirin-like products (Motrin, Aleve, Advil, etc.) for 5 days prior to the test. Tylenol (Acetaminophen) or Extra Strength Tylenol is okay to use.
- No iron supplements 48 hours prior to your procedure.
- Please discuss your medications with the physicians, especially insulin, aspirin, Coumadin, Plavix, etc.
- If you are unable to keep your appointment, please call the boarding department at (586) 447-0704 before 5 PM. After 5 PM, you may notify the answering service at (586) 693-3876.

SPECIAL INSTRUCTIONS:

- Patient must have a driver.
- Nothing to eat or drink after midnight.
- Check with your PCP for instructions on diabetic medications for prep and/or procedure days.
- Discontinue the following medications: _____

- Take the following medications with a sip of water 2 hours prior to your test: _____
