

WELLSPAN  
PATIENT  
INFORMATION



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# **Guide to Preparing for Your Colonoscopy**

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## What Drinks are NOT OK?



No orange juice



No pineapple juice



No Milk



No coffee



No milkshakes

## What Drinks are OK?



Water and Mineral Water



Coke. Ginger Ale, and Club Soda



Apple Juice



Hot Tea



Black Coffee



Clear Sports Drink  
(Propel Fitness Water  
or Clear Gatorade)

## What Other Foods are NOT OK to eat?



No fruits or vegetables



No Soup  
(with vegetables, noodles, rice,  
meat or other chunks of food)



No meat

## What Foods are OK to eat?



Clear broth



Popsicles



Clear Hard Candy



Flavored Gelatin



Honey



Lemon Juice



Sugar



## Two Days Before Colonoscopy

### Morning



- Clear liquid diet for breakfast
- No solid food!
- Combine Miralax powder with 64 oz of Gatorade



### Afternoon



- Clear liquid diet for lunch
- No solid food!
- **12pm:** Take 2 Dulcolax Tablets with Water



### Evening



- Clear liquid diet for dinner
- No solid food!
- **5pm:** Drink Miralax mixture, 8 oz every 10-15 minutes until it is gone



## One Day Before Colonoscopy

### Morning



- Clear liquid diet for breakfast
- No solid food!
- Combine Miralax powder with 64 oz of Gatorade



### Afternoon



- Clear liquid diet for lunch
- No solid food!
- **12pm:** Take 2 Dulcolax Tablets with Water



### Evening



- Clear liquid diet for dinner
- No solid food!
- **5pm:** Drink **ONLY 32 oz** of Miralax mixture, 8 oz every 10-15 minutes



## The Day of the Procedure



- 4 hours before arrival time, finish drinking the remaining 32 oz of Miralax mixture
- Do NOT eat or drink anything until after your procedure is complete



## How to Know Your Prep is Working

Your stool should look like this:



## Frequently Asked Questions

**Question (Q):** Is there any way I can make this taste better?

**Answer (A):** You can try drinking the prep mixture through a straw. Between glasses, try chewing gum, sucking on hard candy, or rinsing your mouth with water, mouthwash, or any other beverage listed on the Clear Liquid Diet.

**Q:** Why should I avoid red, orange and, purple liquids?

**A:** These colors can stay in the colon and might look like blood.

**Q:** Is the prep mixture the only liquid I need to drink prior to the procedure?

**A:** No, please drink an additional 12 glasses (8 – 10 ounces each) of liquids so you do not become dehydrated. The colon prep mixture is to clean out the colon; not to replace fluid loss.

**Q:** Is it OK to drink alcoholic beverages?

**A:** We strongly suggest you do not drink any alcoholic beverages before to your procedure since they can cause dehydration, and some wines may thin your blood.

**Q:** I already have diarrhea before drinking the prep mixture, do I still have to drink all the prep mixture?

**A:** Yes, you must drink the prep as directed by your doctor. While you may be going to the bathroom a lot, it is important that what you see in the toilet is clear. If the colon is not completely cleaned, the procedure may be cancelled and rescheduled, so it is important to drink the entire prep.

**Q:** I am drinking the prep mixture and now have loose, watery stools. Do I really have to drink all the prep mixture?

**A:** Yes, you want your colon to be as clean as possible so that your doctor may fully see your

colon. This makes a big difference in the quality of the colonoscopy.

**Q:** I feel like vomiting and don't think I can drink any more. What should I do?

**A:** People may have nausea and even vomit while prepping for the colonoscopy. The volume of the preparation cannot be reduced. Without a clean bowel, the doctor will not be able to see the inside of your colon to complete the procedure. Walking and other activities usually decrease nausea. If you do vomit or feel nauseated, do not drink any of the prep mixture for approximately 30 minutes, then continue drinking at the usual rate. Keep at it. It may be hard - but you can do it.

**Q:** I drank most of the prep mixture and have not gone to the bathroom yet. What should I do?

**A:** Some people have a bowel movement after 30 minutes while others may take longer. If you feel bloated or nauseated, do not drink any of the prep mixture for 30-45 minutes, then continue drinking at the usual rate. If you still have not had a bowel movement after 4 hours of drinking the mixture, please call the office for further instructions.

**Q:** I see yellow color in the toilet bowl and a few flecks. What do I do?

**A:** If you drank the entire prep mixture, you should be fine. It is OK if you have some flecks of material. The yellow color is the result of bile that normally colors the stool. This shouldn't affect the procedure.

**Q:** Can I have the colonoscopy if I am on my period?

**A:** Yes, the procedure can still be done.

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