Preparing for your Scope (Endoscopy, Colonoscopy, EGD)

These are the important things you must do.

Please call your scope nurse at (717) 812-3600.
Scope date: ________ Time: ________ Doctor: __________
Place: □ Apple Hill- Suite 270 □ York Hospital- 4th floor GI wing
You will be called two days before with your arrival time.

You MUST have a ride home after your scope is done. It will be cancelled if you do not have someone to take you home.

□ Upper Scopes (EGD, EUS)
Do not eat any food after 11 pm the day before your scope. If you take medicines, please talk to your scope nurse about them.

□ Lower Scopes (Colonoscopy) Bowel Prep
What you need to buy at the store:
• Dulcolax laxative tablets
• Miralax 8 oz. powder
• Gatorade or Powerade 64 oz. – no red, purple or orange
• Clear liquids

* If you have problems with bowel movements (constipation) you should also buy Magnesium Citrate.

Day before your scope procedure:
You may only have clear liquids (black coffee, tea, soda, jello, clear soups)
• no alcohol, no solid food.
What you need to do:
• 2 PM- Take 2 Dulcolax laxative tablets
• 4 PM- Mix Miralax and Gatorade or Powerade together
  ▪ Diabetics should use Powerade Zero (it has no sugar)
  ▪ Mixture will = about 9 glasses (about 8 oz. each)
• Drink ALL Miralax and Gatorade mixture until it is gone. You can drink one glass every half hour.

Stay close to a bathroom.
The prep is important to follow so you are cleaned out for your scope.
If you vomit or get sick to your stomach, take a one hour break from drinking.
If this does not help or if your bowel movements are not clear and watery, drink the Magnesium citrate liquid.
Double or Split Prep
If the doctor’s office tells you to do a double or split prep – follow these steps.

What you need to buy at the store:
- Dulcolax laxative
- Miralax 8 oz. powder
- Gatorade or Powerade Zero 64 oz. – no red, purple or orange
- Clear liquids

If your colonoscopy is before 12 noon –

Day before your scope procedure:
You may only have clear liquids (black coffee, tea, soda, jello, clear soups)
- no alcohol, no solid food.
What you need to do:
- 2 PM- Take 2 Dulcolax laxative tablets
- 4 PM- Mix Miralax and Gatorade or Powerade together -
  - Diabetics should use Powerade Zero (it has no sugar)
  - Mixture will = about 9 glasses (about 8 oz.)
- You will drink 6 glasses the evening before your scope.
- Wake up at 3-4 am and drink the last 3 glasses.
- Make sure you finish drinking your prep 3 hours before your scheduled scope time.

If your colonoscopy is after 12 noon –

Day before your scope procedure:
You may only have clear liquids (black coffee, tea, soda, jello, clear soups)
- no alcohol, no solid food.
What you need to do:
- 2 PM- Take 2 Dulcolax laxative tablets
- 4 PM- Mix Miralax and Gatorade or Powerade together
  - Diabetics should use Powerade Zero (it has no sugar)
  - Mixture will = about 9 glasses (about 8 oz.)
- You will only drink 6 glasses the evening before your scope.
- Make sure you finish drinking the last 3 glasses of your prep 3 hours before your scheduled scope time.

If you have questions, call the scope nurse or your doctor’s office.
If you need to cancel or reschedule your procedure, please call your doctor’s office.

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