

Endoscopic Solutions General Bowel Prep Instructions

5-7 days prior
to colonoscopy

One day prior
to colonoscopy

Evening prior
to colonoscopy

Six hours prior
to colonoscopy

-Eat a low residue diet (see below)

- Pick up bowel prep supplies
- Have a plan for blood thinners (if applicable)
- Call your insurance company to ensure you are covered
- If you must cancel, please give us 72 hours notice to avoid cancellation fees

-Continue low residue diet for breakfast.

-Consume a clear liquid diet for the remainder of the day (see below)

-Mix bowel prep and store in the fridge

-Around 7pm, drink the first half of bowel prep solutions (please see prep specific instructions below for details)

-Drink second half of bowel prep (please see prep specific instructions below)
-Stop drinking at least 2 hours prior to your procedure time. Stool should be clear.

***This may be in the middle of the night depending on your procedure time.**

Low Residue Diet:

-Five days prior to colonoscopy, please eat a low fiber diet. Stop eating popcorn, corn, beans, nuts, fruits with small seeds, tomatoes and celery.

Clear Liquid Diet:

-On the day prior to your colonoscopy, please only consume a clear liquid diet. Examples include coffee/tea (no milk), Jell-O (gelatin), popsicles, lemon-ice, broth, juice/sports drinks (no pulp, no red/purple coloring).
-You will mix your bowel prep with water or a clear liquid.

PEG 3350/Miralax Prep:

-Supplies: 238 gram PEG3350/Miralax* solution, four bisacodyl 5mg tablets, one simethicone 80mg tablet (optional), 64 ounces of clear liquid for mixing

-One day prior to colonoscopy: Mix 238 grams PEG 3350 with 64 ounces of clear liquid and store in fridge. Take four bisacodyl tablets throughout the day. Can be taken all at once or split into two doses.

-At 7pm: drink 32 ounces of prep solution over 1 hour followed by 32 ounces of clear liquid over 1 hour. Take Simethicone 80mg tablet at bedtime

-6 hours prior to colonoscopy: drink 32 ounces of prep solution over 1 hour. You can continue to drink clear liquids after.

*For Miralax (purchased over the counter), you can purchase two 119 gram bottles ("7 once daily doses") or one 238 gram bottle ("14 once daily doses").

GoLyteLy Bowel Prep:

-Supplies: 4000 ml bottle of prep solutions, flavor packets (optional), clear liquid for mixing

-One day prior to colonoscopy: Mix powder with four liters of bowel prep and store in the fridge.

-At 7pm: drink 2 liters of bowel prep over 2 hours (suggest 8-10 ounces every 15 minutes). You can continue to drink other clear liquids.

-6 hours prior to colonoscopy: drink 2 liters of bowel prep over 2 hours (suggest 8-10 ounces every 15 minutes). You can continue to drink other clear liquids.

SuPrep/Plenvu* Prep:

-Supplies: Suprep bowel prep kit, clear liquid for mixing.

-At 7pm: mix 6 ounces of Suprep solution with 10 ounces of water (fill to line in supplied cup) and drink over 30 minutes. Drink 32 more ounces of clear liquid over the next 1 hour.

-6 hours prior to colonoscopy: mix 6 ounces of Suprep solution with 10 ounces of water (fill to line in supplied cup) and drink over 30 minutes. Drink 32 more ounces of clear liquid over the next 1 hour.

***Plenvu:** similar to above, but instead of suprep solution, mix Plenvu packets with water in supplied container as instructed on package.