

## Colon Prep Instructions

Your colon must be free of stool to have a good exam. Drinking colon prep causes your colon to empty out. **It is important to follow the directions closely and to drink all of the prep solution.**



### In the morning, the day before your procedure:

- Mix by adding water up to the fill line on the bottle and put the mixture in the refrigerator. You can use the flavor packet (if one came with it) or add Crystal Light powder (except red or purple powder).
- Drink only clear liquids for the whole day. **Do not eat any solid foods or drink milk products.**
- You may drink any of the clear liquids listed below. Do not drink red or purple colored liquids.
- Examples of clear liquids are:

• Fruit juice (no pulp)	• Water	• Clear broth or bouillon
• Black coffee or tea	• Gatorade	• Soft drinks
• Kool-Aid	• Plain Jello	• Popsicles

### At 5pm, the day before your procedure:

- Start drinking the prep mixture. Try to drink 8 ounces (1 cup) every 10 to 15 minutes until half the gallon is finished. If you get too full or become sick to your stomach, stop drinking it for 30 to 60 minutes, and then slowly start drinking it again.

### The morning of your procedure:

- **Do not eat anything.**
- Four hours before you arrive for your procedure, drink the last ½ gallon of mixture. (Example: If procedure is 9am, start at 5am).
- Drink 8 ounces (one cup) every 10 to 15 minutes until gone.
- Drink 16 ounces (2 cups) of clear liquid. Then nothing else to drink after that.

## Split Dose Colon Prep Information

### Why is it better to take two separate doses?

- Colon preps taken in two separate doses work best to empty your colon. The exam cannot be done if too much stool is left in the colon and you will have to repeat the prep at another time.
- Drinking two split doses is often easier because there is less to drink at one time.

### Will I be up all night taking the bowel prep?

- You should get a better night's sleep because the first dose is early in the evening.

### Will I need to worry about having to stop to have a bowel movement on the way to the hospital the morning of my exam?

- The number of patients that need to stop to have a bowel movement on the way to their exam is small. But if you are worried about this or are driving a long way to get here, please call Surgical Associates for more information. The chances of needing to stop are not any higher than when taking the entire prep the night before.