



**COLONOSCOPY  
BOWEL PREP INSTRUCTIONS**

**Starting the day before your procedure**

- 12 noon**      **Eat a light meal.**
- 1 - 5 pm**      **Drink at least 8 fl oz clear liquids every hour.**
- 6 pm**          **Drink at least 8 fl oz clear liquids for dinner.**
- 6:30 pm**      **Take Fleet Phospho-soda (mix 1/3 of the bottle with 8 fl oz clear liquid of your choice). At this time, also take the 4 Fleet Bisacodyl (Dulcolax) tablets.**
- 6:50 pm**      **Take another 1/3 bottle Phospho-soda mixed in 8 fl oz clear liquid.**
- 7:10 pm**      **Take the last 1/3 bottle Phospho-soda mixed in 8 fl oz clear liquid.**
- 7:30 pm**      **Midnight: Drink all of the clear liquids you wish. Remember, the goal is to go until your BMs are clear!**

- Nothing to eat or drink after midnight the night before your procedure.
- Once you start your prep kit, you will want to remain near a bathroom.
- Dietary guidelines:
  - o Light meal includes any items from the clear liquids list, one boiled or poached egg or small portion of skinless chicken/turkey or fish; white toast-no butter; one 8 fl oz can of Ensure. Do not take Ensure Plus. Do not eat vegetables, fruits, nuts, butter, milk, cheese, beef, pork, lamb, or whole grain cereals.
  - o Clear Liquids Diet List includes: water, lemonade, strained fruit juices without pulp (apple, white cranberry, orange, white grape, etc.), clear broth or bouillon, and coffee or tea (without milk or nondairy creamer). You may have all of the following that are **not** colored red or purple: Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid (or other fruit-flavored drinks), Jell-O (without added fruits or toppings), and ice Popsicles.
- Make sure that you have a ride to and from the hospital the day of your procedure. You will be receiving sedation and will not be able to drive after your procedure.
- You may resume a regular diet after your procedure unless instructed otherwise, although you may want to eat a lighter diet than usual for your first meal or two.
- If any biopsies were taken during your procedure, our nurse will contact you with the results when they are back.
  
- Please feel free to call our office with any problems or questions 610-776-5025.

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Patient/Guardian Signature      Date

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Witness Signature      Date