

Your stool should be clear and yellow. This chart will help you judge your progress!



Colonoscopy Prep Guidelines

If you have any questions or issues as you are preparing for your procedure, please contact the Perioperative & Surgical Services Department at 906.293.9284.



Preparing for Your Procedure

An empty colon is the most important part of a successful colonoscopy. If your colon is not empty, polyps and lesions can be missed; the procedure may take longer (increasing the risk of complications); or the whole process may need to be repeated or rescheduled.

This brochure will explain the steps needed to ensure a successful colonoscopy. Please read it carefully and follow the steps provided.

Five (5) Days Prior to Your Procedure

- Do **NOT** take bulk-forming agents (such as Metamucil, Cirtucel, Perdiem, etc)
- Do **NOT** take iron-containing preparations (such as multi vitamins containing iron). These products may make it more difficult for the physician to see the inside of the colon.
- Do **NOT** take aspirin and other anti-inflammatory medications unless otherwise directed by your doctor.

Three (3) Days Before Your Procedure

- Do **NOT** eat Popcorn, seeds, nuts, multi-grain bread, salad, cheese, or high fiber foods for the three days prior

One (1) Day Before Your Procedure

- **Clear Liquids ONLY.** It is essential to drink at least 8 ounces of clear liquids every hour after awakening to avoid dehydration.
- **Clear Liquids Include:**
 - Apple / White grape juice
 - Broth
 - Coffee/Tea (without milk or creamer)
 - Clear carbonated beverages such as ginger-ale or lemon lime soda.
 - Gatorade or other sports drinks (NO RED)
 - Kool-Aid or other flavored drinks (NO RED)
 - Plain Jell-O or other gelatins (NO RED)
 - Popsicles (NO RED)
 - Water

NOTE – DO NOT DRINK ANY ALCOHOL ON THE DAY PRIOR OR THE DAY OF THE PROCEDURE

- **NOON** Take 2(two) Bisacodyl Tablets by mouth. Drink only **CLEAR** liquids throughout the day.
- **4:00 PM** Drink one bottle of Magnesium Citrate (10 ounces), followed by one eight ounce glass of water. (Helpful Hint: Drink the Magnesium Citrate over ice as it may be easier to consume.) Continue drinking **CLEAR** liquids throughout the day. Be sure to drink at least 3 (three) more eight-ounce glasses of water before **7:00 PM.**
- **7:00 PM** Take 4 (four) Bisacodyl Tablets.

AFTER COMPLETION OF THE PREP, UP UNTIL MIDNIGHT YOU MAY CONSUME CLEAR LIQUIDS ONLY.

AFTER MIDNIGHT, DO NOT EAT OR DRINK ANYTHING UNTIL AFTER YOUR PROCEDURE.

(over for more)