

GOLIGHTLY PREP INSTRUCTIONS FOR COLONOSCOPY

You will need to obtain P.E.G. Lavage solution as prescribed from any pharmacy, and one “Fleet’s Enema” available without prescription at any pharmacy.

DAY BEFORE THE EXAMINATION

Drink only “CLEAR LIQUIDS” for lunch and dinner. Solid foods, milk, or milk products are not allowed. Clear liquids include:

- Strained fruit juices without pulp (apple, white grape, lemonade)
- Water, clear broth or bouillon
- Coffee or tea (no milk or non-dairy creamer)
- And all of the following as long as it is not red or purple:
 - Gatorade, carbonated or non-carbonated drinks
 - Kool-aid (or other fruit flavored drinks)
 - Plain jell-o and Popsicles

Prep

1. Mix the lavage solution as per the instructions on the container.
2. Start the prep at 6:00 pm the day before your examination. Take one (1) glass every 15 minutes until the entire gallon of solution is consumed.

DAY OF EXAMINATION

- Nothing to eat or drink after midnight
- Arrive for colonoscopy at scheduled arrival time with a person who can drive you home

If the above prep does not result in clear bowel movements, take one Fleet’s Enema one hour before your scheduled arrival time for you colonoscopy.

If you cannot tolerate the bowel prep, or have any questions, please do not hesitate to contact Dr. Yakhmi (317) 415-9277