

# COLONOSCOPY PREPARATION

**PURCHASE: PREPOIK PREPARATION (PRESCRIBED BY DOCTOR)  
DULCOLAX LAXATIVE (OVER THE COUNTER) – NOT STOOL SOFTENER**

**YOU CAN EAT 2 Days BEFORE YOUR COLONOSCOPY \_\_\_\_\_  
DO NOT HAVE SALAD, BEANS, CORN OR UNCOOKED VEGETABLES**

**→ DAY BEFORE YOUR COLONOSCOPY: \_\_\_\_\_**

**FROM THE TIME YOU WAKE UP, NO SOLID FOOD THROUGHOUT THE(ENTIRE) DAY!**

**ONLY DRINK THE FOLLOWING CLEAR LIQUIDS**

**DO NOT HAVE THE FOLLOWING:**

CLEAR BOULLION OR BROTH	NO RED, GREEN OR PURPLE LIQUIDS
CLEAR SODA (GINGER ALE, SPRITE, 7UP)	NO MILK OR DAIRY PRODUCTS
CLEAR JUICE (APPLE OR WHITE GRAPE)	NO ORANGE JUICE
JELLO OR POPSICLES (NO RED, GREEN OR PURPLE)	NO PULP, NO HONEY
WATER, BLACK COFFEE/TEA (CAN USE SUGAR)	NO ALCOHOL

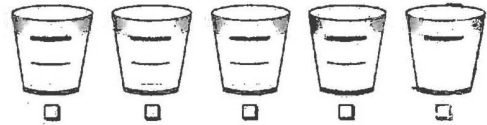
## PREPOIK

**4:00 PM \_\_\_\_\_ : TAKE 2 DULCOLAX LAXATIVE TABLETS WITH WATER**

**5:00 PM \_\_\_\_\_ : START PREPOIK PREPARATION**



**Fill the cup with water to the 5oz line  
add packet, stir 2-3 minutes and drink.**



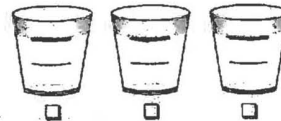
**Fill cup with (WATER ONLY) to the 8 oz. line  
Drink 5 cups within 2 hours from  
5:00PM to 7:00PM**

**8:00 PM \_\_\_\_\_ : TAKE 2 DULCOLAX LAXATIVE TABLETS WITH WATER**

**9:00 PM \_\_\_\_\_ : START PREPOIK PREPARATION**



**Fill the cup with water to the 5oz line  
add packet, stir 2-3 minutes and drink.**



**Fill cup with (WATER ONLY) to the 8 oz. line  
Drink 3 cups within 2 hours from  
9:00 PM to 11:00 PM**

**NOTHING TO DRINK AFTER 12 MIDNIGHT!**

**THE DAY OF YOUR COLONOSCOPY: \_\_\_\_\_**

- YOU NEED A DRIVER**
- ONLY TAKE HIGH BLOOD PRESSURE MEDICATION (NO DIABETES MEDICATION)**
- IF THIS PREP IS NOT COVERED BY YOUR INSURANCE, PLEASE SEE REVERSE SIDE OF PAGE FOR OTHER OPTION!**

