

GASTROENTEROLOGY/HEPATOLOGY ASSOCIATES, LLC

**Robert M. Dettmer, M.D.
Amy E. Smithline, M.D.
Henry G. Beecher, M.D.
Neeraj Anand, M.D.
Sarah A. Kahn, M.D., LLC**

Tully Health Center
32 Strawberry Hill Court, Suite 41042
Stamford, Connecticut 06902

Tel: (203) 348-5355 Fax: (203) 348-4082
www.gastrohepassociates.com

**BOWEL PREPARATION
FOR
COLONOSCOPY**

PILL ONLY PREP

PURCHASE FROM YOUR PHARMACY:

- 1) Dulcolax (generic: Bisacodyl) Laxative Tablets (5mg)
- 2) Desitin or A&D Ointment

TWO DAYS PRIOR TO THE COLONOSCOPY HAVE LIGHT MEALS- see last page for diet details.

TWO EVENINGS BEFORE THE COLONOSCOPY: _____

**Bedtime: Take four (4) Dulcolax (generic: Bisacodyl)
Laxative Tablets**

THE DAY BEFORE THE COLONOSCOPY: _____

**7:00 am Take four (4) Dulcolax (generic: Bisacodyl)
Laxative Tablets**

8:00 a.m. Clear Liquid breakfast- see last page for diet

(see Page 2 for diet information for a light meal)

**9:00 a.m. Drink 8 oz of clear liquids
(see page 2 for clear liquids permitted)**

10:00 a.m. Drink 8 oz. of clear liquids

11:00 a.m. Drink 8 oz. of clear liquids

About Drinking Liquids:

In preparing yourself for examination, you are instructed to drink a specific number of 8-ounce glasses of clear liquid. You must drink at least the number of glasses in the time period covered
PILL PREP PAGE 3

by the schedule you follow to be sure that your body does not become dehydrated. This fluid also plays an important role in cleaning and flushing out your system. The number of glasses of liquid specified are in addition to all the other fluids you take. You may drink more than the number specified, but not less.

Clear Liquids include: strained fruit juices without pulp (apple, white grape, lemonade, water, clear broth or bouillon, and coffee or tea (without milk or non-dairy creamer). **Gatorade**, carbonated and non-carbonated soft drinks, Kool-Aid (or other fruit flavored drinks), plain Jello (without added fruits or toppings), Popsicles and Italian Ice. **You may have all of the following that are not colored red or purple.**

LIGHT MEAL – Breakfast only unless otherwise instructed.

About Meals:

The prescribed diet does not allow you to consume foods which will leave solid residue matter in your bowel. Foods that you should **not** eat include vegetables, fruits or fruit nectars (only clear juices allowed), nuts, fats, butter, milk or any milk product, fried foods, beef, pork or lamb, and whole grain cereals, etc.

LIGHT MEAL Includes clear soups (fat-free), small portions of fowl (white meat only) or fish, plain gelatin, white bread (no butter), eggs, farina (not oatmeal), yogurt is ok plus any of the clear liquids recommended above.

12:00 Noon **No Solid food** – clear liquids only

2:00 p.m. Drink 8 oz. of clear liquids

PILL PREP PAGE 2

3:00 p.m. Drink 8oz. of clear liquids

4:00 p.m. Drink 8 oz. of clear liquids.

5:00 p.m. Drink 8 oz. of clear liquids.

6:00 p.m. **No solid food** – clear liquids only.

8:00 p.m. Drink 8oz of clear liquids.

9:00 p.m. Drink 8 oz. of clear liquids.

10:00 p.m. Drink 8 oz. of clear liquids. (If you are awake).

11:00 p.m. Drink 8 oz. of clear liquids. (If you are awake).

Before going to bed:

Take four (4) Dulcolax (generic: Bisacodyl) Laxative Tablets with a full glass of water.

IF YOU HAVE TROUBLE WITH ANAL CONTROL/CONTROL OF YOUR BOWELS – CONSIDER PLACING A TOWEL ON YOUR BED AT BEDTIME OR PURCHASING DEPENDS.

Please have clear liquids until 6 hours before the colonoscopy. If you wake up during the night, have a large glass of water as long as it is 6 hours before. (example - if your colonoscopy is at 9:00 am - you may have liquids until 3:00 am.)

Day of Exam

Upon Waking:

Do not eat breakfast. Nothing to eat or drink unless advised by Dr. Smithline . You may take your usual medications with a small sip of water.

If you have followed all instructions carefully, your system should be clean, clear and ready for examination.

