

## **On the day before the Colonoscopy:**

### **STEP 1: TAKE 4 BISACODYL TABLETS AT 3:00 p.m.**

- Take 4 bisacodyl tablets with a glass of water.
- Do NOT crush or chew.
- Do not take the bisacodyl tablets within one hour of taking an antacid.

### **STEP 2: MIX THE SOLUTION.**

- Add lukewarm drinking water to top of line on bottle.
- Cap bottle and shake to dissolve the powder.
- The reconstituted solution will be clear and colorless. You will have a total of 4 liters of solution. Use within 48 hours. Do not add anything else unless flavor packets are dispensed with the solution, by the pharmacist.

### **STEP 3: DRINK ONE-HALF (2 LITERS) OF THE SOLUTION AT 7:00 p.m.**

- Drink 1 (8 oz.) glass every 10 minutes (about 8 glasses). Drink each glass quickly rather than drinking small amounts continuously.
- Be sure to drink 2 liters of the solution (1/2 of the bottle).
- Refrigerate the remaining 2 liters.

## **On the day of the Colonoscopy:**

### **STEP 4: DRINK THE REMAINING 2 LITERS OF SOLUTION STARTING 4½ hours prior to your registration time.**

- Drink 1 (8 oz.) glass every 10 minutes (about 8 glasses) until you have consumed the remaining 2 liters.

**► YOU MAY CONTINUE TO HAVE CLEAR LIQUIDS UNTIL YOU HAVE FINISHED DRINKING THE BOWEL PREP, THEN NOTHING BY MOUTH UNTIL AFTER THE PROCEDURE.**

### **Additional Information:**

- Please purchase the following laxatives from your pharmacy:
  1. **NuLYTELY® or GoLYTELY®, or generic alternative** (prescription laxative)
  2. **Bisacodyl tablets** (over-the-counter laxative) \*you will need 4 tablets

If you have any questions, please call our office at **920-223-0490**.