



COLONOSCOPY PREP CHECKLIST

Put this document in an easy-to-spot place and follow along as you prep for your colonoscopy. For more details on these instructions, please refer to your preparation packet.

Questions? Contact us at 614-754-5500 or visit ohiogastro.com

5-7 DAYS PRIOR TO COLONOSCOPY

- Pick up bowel prep prescription from pharmacy.
- Purchase anti-gas tablets and Dulcolax.
- Arrange a responsible driver for your procedure.
- Avoid raw vegetables, lettuce, nuts, and red liquids.
- Stop taking iron (including multivitamins containing iron).
- Stop eating foods containing small seeds or corn.

TIP: To stay even more on track with your preparation, add reminders or alarms to your cell phone.



**FLIP TO FIND YOUR
PREP INSTRUCTIONS**



DAY PRIOR TO COLONOSCOPY

- Clear liquids all day! *Water, chicken broth, apple/white grape juice, sports drinks, popsicles, Jell-O, coffee, tea, and soft drinks.*
- Confirm your responsible driver.
- 4:00PM** - Take 2 Dulcolax tablets.
- 5:00PM** - Begin prescribed bowel preparation.
- 9:00PM** - Take 2 anti-gas tablets.
- Hydrate! Keep drinking water and clear liquids.



**SCAN TO VIEW
OUR PREP VIDEO
LIBRARY**

DAY OF COLONOSCOPY

- Continue to hydrate!
- 4 hours** before arrival time - Start the second half of prescribed bowel preparation.
- 3-4 hours** before arrival time - Take 2 anti-gas tablets.
- 2 hours** before arrival time - Take any regularly scheduled medications with only sips of water.
- 2 hours** before arrival time - STOP drinking water and clear liquids.
- IMPORTANT** - Nothing by mouth 2 hours leading up to your arrival time.
- 1 hour** before procedure time - Arrive at procedure location!

BOWEL PREPARATION INSTRUCTIONS

BY SPECIFIC PRODUCT Questions? Contact us at 614-754-5500 or visit ohiogastro.com

Please find your specific bowel preparation product from the list below and follow these instructions vs. the instructions on your prescription.

Remember! You will need to complete your bowel prep 2 hours prior to your arrival time.

Golytely, Nulytely, Trilyte, Gavalyte, or any other 4 liter prep:

- ✓ Mix the prep solution with water per product or pharmacy instructions and place in refrigerator.
- ✓ 5:00PM - Drink 1 8oz glass every 15 minutes and stop once you have finished half of the bottle (2 liters).
- ✓ Place remainder prep in refrigerator for the next morning.
- ✓ 4 hours before arrival time - Drink 1 8oz glass every 15 minutes until prep is complete.

Moviprep:

- ✓ Mix the prep solution with water per product or pharmacy instructions and place in refrigerator.
- ✓ The Moviprep container is divided by 4 marks.
- ✓ 5:00PM - Drink the prep solution down to the next mark every 15 minutes until the full 1-liter container is complete.
- ✓ Next morning - Mix the second half of the prep solution with water per product or pharmacy instructions.
- ✓ 4 hours before arrival time - Drink the prep solution down to the next mark every 15 minutes until the full 1-liter container is complete.

Suprep:

- ✓ Mix the prep solution with water per product or pharmacy instructions and place in refrigerator.
- ✓ 5:00PM - Drink the entire 16oz container of prep solution.
- ✓ Over the next 1 hour - Drink 2 more 16oz cups of water.
- ✓ Next morning - Mix second half of prep solution with water per product or pharmacy instructions.
- ✓ 4 hours before arrival time - Drink second 16oz container of prep solution.
- ✓ Over the next 1 hour - Drink 2 more 16oz cups of water.

Clenpiq: This prep must be approved by your procedure physician. **Do not use if you have Congestive Heart Failure or kidney disease.*

- ✓ Do not refrigerate or freeze this prep.
- ✓ This prep is ready to drink - do not dilute.
- ✓ Between 5:00PM - 9:00PM - Drink all of 1 of the 2 bottles.
- ✓ Follow with 5 or more 8oz cups of clear liquid. Finish additional liquids over the next 5 hours.
- ✓ 5 hours before arrival time - Drink entire second bottle.
- ✓ Follow with 4 or more 8oz cups of clear liquid.

Sutab: This prep must be approved by your procedure physician.

- ✓ 5:00PM open 1 bottle of 12 tablets.
- ✓ Fill the provided cup with water to the 16oz fill line.
- ✓ Swallow each tablet with a sip of water. Finish the remaining water over the next 15-20 minutes.
- ✓ 1 hour after the last tablet is ingested - Drink the second 16oz container of water.
- ✓ 30 minutes after finishing the second container of water - Drink a third 16oz container of water.
- ✓ 5 hours before procedure time - Open second bottle of 12 tablets.
- ✓ Fill provided cup with water to the 16oz fill line.
- ✓ Swallow each tablet with a sip of water. Finish remaining water over the next 15-20 minutes.
- ✓ 1 hour after last tablet is ingested - Drink the second 16oz container of water.
- ✓ 30 minutes after finishing the second container of water - Drink a third 16oz container of water.