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Instructions for Colonoscopy: DAY BEFORE PROCEDURE

1. You will be on a **liquid diet all day** starting from the time you get up in the morning. **Do not drink anything after midnight the evening before your procedure.**
2. You will need someone to drive you and stay during the procedure, the surgeon will speak to the family member after the procedure. You will be sedated and cannot drive.

The bowel prep is to be started **the day before** your colonoscopy. You are to have **NO SOLID FOODS.** After starting the prep you may experience abdominal pain, nausea, vomiting or cramping. This is due to the prep and should get better. You may take gas-x to help with gas pains.

START YOUR PREP FOR COLONOSCOPY THE DAY BEFORE: To prevent dehydration YOU MUST DRINK PLENTY OF FLUIDS ALL DAY LONG.

YOU MAY HAVE:

Chicken Broth
Beef Broth
Jell-O
Popsicles
Gatorade
Soft Drinks
Tea & Coffee (with non-dairy creamer)

Most liquids

DO NOT DRINK:

Any red products
Milk
Ice Cream

Please take this list to your pharmacy laxative aisle (over the counter) to make sure you get the right medications:

Magnesium Citrate: 2 bottles total of 20 oz.

Take 1 bottle at 12:00 pm (noon) and 2nd bottle at 4:00 pm

2 bisacodyl (Dulcolax) tablets: (Take the laxative at 12:00 noon)

Simethicone tablets: (Take the Gas – X tablets as needed for gas)