

COLONOSCOPY PREPARATION

- Half-lytely/Nulytely/Trilytely
- Miralax/Gatorade Preparation
- Magnesium Citrate

Half-lytely/Nulytely Bowel Preparation

(Obtain from pharmacy with prescription)

ONE DAY BEFORE THE PROCEDURE

Morning: Mix half-lytely/Nulytely according to instructions and refrigerate

Consume only clear liquids

At 10 a.m. –Patients under seven should take one tablet of Dulcolax with water
Patients seven and older should take one tablet.

At 12 noon-Begin drinking eight ounces of Half-lytely or Nulytely every 30
minutes until done.

Drink lots of fluid after you have finished the solution.

Clear Liquid Diet

Clear juice-white
grape, apple, or
white cranberry

Gatorade,
Powerade, or
Propel

Popsicles

Water

Jello

DAY OF PROCEDURE

Continue to consume clear fluids until four hours before the procedure

Follow any normal routine for taking medication

Arrive two hours for scheduled procedure

Any questions or concerns may be addressed at the office during regular business hours (678) 474-1115

or through the surgery operator on the day of surgery at (404) 785-6725.

COLONOSCOPY WITH MIRALAX/GATORADE PREPARATION

Before You Begin

- Purchase 238 g(8.3 oz) of Miralax, Dulcolax pills, and two 32 ounce bottles of Gatorade

ONE DAY BEFORE THE PROCEDURE

- Clear liquid diet only. No solid food.

At 8 a.m. Take two tablets of Dulcolax with 8 ounces of water.

At 12 noon Mix ½ of Miralax powder with one bottle (32 oz.) of Gatorade in a large pitcher, completely dissolved, stir and drink 8 oz. every 15 minutes until complete.

At 6 p.m. Repeat

Mix remaining ½ bottle of Miralax powder with 32 ounce Gatorade and drink 8 ounces every 15 minutes until complete.

Continue drinking clear liquids until four hours before the procedure.

Clear Liquid Diet

Clear soup broth

Sprite, Ginger ale,
Seltzer

Popsicles

Water/Iced tea

Jello



MAGNESIUM CITRATE

FRIDAY-THREE DAYS BEFORE PROCEDURE DAY

- Regular Diet
- Take two tablets of Dulcolax in the evening

SATURDAY-TWO DAYS BEFORE THE PROCEDURE

- Soft diet
- Drink a little bottle of magnesium (One ounce/year of life)
- Take two tablets of Dulcolax in the evening

SUNDAY-ONE DAY BEFORE THE PROCEDURE

- Clear liquid diet only
- Drink a bottle of magnesium citrate in the morning (Drink one ounce/year of life)
- Take two tablets of Dulcolax in the evening
- Stop all liquids four hours before your procedure

Soft Diet

See handout!