

Lavage Colon Preparation

Two to five days before colonoscopy

- Pick up colon prep solution from your pharmacy
- Make your Jell-o now!
- Buy lots of sports drinks, sodas, clear juices, bouillon soup (broth), popsicles, etc.
- Buy Vaseline petroleum jelly

The day before colonoscopy

- All day, from the time you wake up, you will be on a Clear Liquid Diet (see attached handout)
- No solid food until after your procedure (you may chew on Gas-X tablets if you wish)
- Drink clear liquids every 1-2 hours

The morning before colonoscopy

- Chill colon prep solution in the refrigerator

The evening before colonoscopy

- At **5:00 pm**, drink a 10-15 ounce glass of your colon prep solution every 10-15 minutes until you drink 3/4 of the container (about 3 liters)
- If you feel nauseous, stop, sit upright, and walk around. Resume drinking when you feel better.
- To avoid irritation, pat your bottom dry and apply Vaseline after each trip to the bathroom
- When you feel that your bowel movements have slowed down and/or have stopped, take your PM medication
- Continue drinking clear liquids

The day of the colonoscopy

- At _____ (about 3-4 hours before you leave your home), resume drinking the remaining 1/4 of the container (about 1 liter).
- Continue to use Vaseline
- Once you have completed your colon prep solution, continue drinking clear liquids
- At _____, take any AM medication
- At _____, STOP all clear liquids

Tips for drinking colon prep solution

- Use a straw
- Chill colon prep solution (do not put ice in the solution)
- Suck on lime or lemon wedge between drinking glasses
- Lick a dry li hing seed or lemon peel (do not eat them) between drinking glasses
- Add liquid enhancer to each glass to taste (Mio, Dasani, Crystal Light—no powder, only liquid, no red/purple color)