

Colonoscopy Prep Instructions

Starting 4 Days Before Procedure Low Fiber Diet

Eat

White bread (no seeds)
White rice
Regular pasta (white flour)
Eggs (boiled/ baked)
Chicken (baked/ broiled/ skinless)
Ripe banana
Applesauce
Canned peaches
Zucchini cooked, peeled
Cooked carrots
Plain bagel
Saltine crackers
Plain yogurt

Limit

Whole wheat bread
Brown rice (small amount)
Whole wheat pasta
Fried or seasoned eggs
Grilled chicken with seasoning
Unripe banana
Peeled apple (small amount)
Peeled soft pear
Soft cooked broccoli
Cooked peas
Whole grain bagel
Whole grain crackers
Yogurt with fruit

Avoid

Whole grain bread with seeds
Wild rice
Legume-based pasta
Dishes with added veggies or seeds
Fried chicken with skin
Dried fruit (raisins/ prunes)
Apple with skin
Pear with skin
Raw broccoli
Raw carrots
Seeded bagel
Seeded crackers
Yogurt with nuts and seeds

1 Day Before Procedure Follow Clear Liquid Diet only

From the time you wake up, no solid foods, dairy, or alcohol for the entire day. No liquids red or purple in color.

At 2:00pm take [4] Bisacodyl (Dulcolax®) Tablets



Swallow whole with water

Mix 1 bottle of Polyethylene Glycol (Miralax®) with 64 oz of electrolyte drink

Use Pedialyte®, Vitamin Water®, Gatorade®, or PowerAde®. Shake solution until the Miralax is dissolved. Refrigerate solution if you prefer to drink it cold. No red or purple colored drinks.



At 6:00pm start drinking Miralax®/ electrolyte solution

Drink ONE 8 oz. glass every 15-20 minutes until HALF THE SOLUTION IS GONE.



What Can You Have on a Clear Liquid Diet?



Day of Procedure

5 hours prior to arrival - Drink remaining 32 oz. of electrolyte solution

Complete solution 4 hours prior to arrival time.



**NO MORE CLEAR LIQUIDS
2 HOURS PRIOR TO
ARRIVAL**