



# Colonoscopy Prep Instructions: TWO-DAY PREP

Gastro Centers of Pennsylvania

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## ► Important: Use this sheet together with your attached prep instructions

Your doctor has prescribed a specific prep solution. This Two-Day prep sheet covers only the additional timing and diet changes that apply because your prep begins two days before your procedure.

► **Refer to your attached prep sheet for:** Medication stop dates (1 week before), diet restrictions (3 days before), clear liquids list, transportation policy, cancellation policy, and nurses line phone numbers.

► **Pre-Procedure Call:** A nurse will call you within 1 week before your procedure to review the prep instructions and answer any questions or concerns you may have.

## 2 DAYS BEFORE

### All Day — Liquid Diet

**Do not eat any food** from the time you wake up. Drink only **clear liquids** all day.

### 3:00 PM — Start First Half of Bottle 1

Begin drinking **Half of the 1<sup>st</sup> bottle** of prep solution. Drink 8-ounces every 10 minutes. If you vomit, wait 30 minutes, then begin drinking again, taking 6-ounces every 15 minutes.

### 7:00 PM — Start Second Half of Bottle 1

Begin drinking the **second half of the 1<sup>st</sup> bottle**. Drink 8-ounces every 10-15 minutes until finished. If you vomit, wait 30 minutes, then begin drinking again, taking 6-ounces every 15 minutes.

## 1 DAY BEFORE

### MORNING — When you wake up

**Do not eat any food** from the time you wake up. Drink only **clear liquids** all day.

### 5:00 PM — Start Dose 1 (Evening Prep)

Begin drinking **¾ of the 2<sup>nd</sup> bottle** of prep solution. Drink 8-ounces every 10 minutes. If you vomit, wait 30 minutes, then begin drinking again, taking 6-ounces every 15 minutes.

Refrigerate the remaining **¼ bottle**. Continue drinking as many clear liquids as possible after completing the above steps. **Nothing by mouth after midnight** except the morning dose.

## DAY OF YOUR PROCEDURE

### 5 Hours Before Your Arrival Time — Start Dose 2

Begin drinking the remaining **¼ bottle** of prep solution. Drink 8-ounces every 10 minutes until you finish. If you vomit, wait 30 minutes, then begin drinking again, taking 6-ounces every 15 minutes.

### 4 Hours Before Your Arrival Time — Nothing More

**Do not eat or drink anything 4 hours before your procedure arrival time.** No gum, mints, or hard candy. You may brush your teeth but do not swallow.

**If your stool is not clear (see-through, like yellow water) by your procedure morning, call your location's nurse line immediately.**

