



# MORNING PREPARATION FOR COLONOSCOPY “DoorStepPrep”

For any questions go to [www.doorstepprep.com](http://www.doorstepprep.com) , call (855)-355-PREP (7737), or call the office

## Diet

The day **before** the colonoscopy, you must be on a **CLEAR LIQUID DIET**. Clear liquid diet consists of plenty of water, tea, fruit juices **WITHOUT** pulp (like apple juice), Gatorade, clear soft drinks, clear broth and jello (**Please no red or purple** jello). There are vegetable broth packets provided in your Prep Cup.

You should take all your medications as usual with water with the exception of **aspirin** or **iron** supplement. **If you are diabetic**, and take Insulin or diabetic medication, take only half the dose you normally take.

**Nothing** to eat or drink after 12:00 midnight, except the **Prep** as directed below.

## Medication

Included in your “DoorStepPrep” Cup are:

- One 238-gram bottle of PEG3350 powder
- 4 Bisacodyl laxative tablets
- Two 32-ounce packets of Gatorade
- 24 oz. of vegetable broth

**STEP ONE:** At **5pm** on the night before your procedure take the **FOUR** (4) bisacodyl tablets by mouth with an 8 oz cup of water. Then, pour **HALF** of the 238-gram bottle of PEG3350 and **ONE** (1) packet of the Gatorade into the Prep Cup and fill to the top with cold water. Stir well until the powder is completely dissolved. Place this into the refrigerator.

**STEP TWO:** At **6pm** on the night before your procedure start drinking the refrigerated solution. You should plan to drink this over the next 1 – 2 hours by following this schedule: drink one 8-ounce cup every 15 minutes for a total of 32 ounces (Four 8-ounce glasses). If you develop nausea or fullness, slow down – stop drinking the solution for 30 – 60 minutes, then resume.

\*After you have finished the 32 ounces pour the remaining PEG3350 and the other Gatorade packet into the cup, fill with water again, and stir until the powder dissolves. Then place the cup back in the refrigerator.

**STEP THREE:** At **9PM** start drinking the remaining refrigerated solution. You should plan to drink this over the next 1 – 2 hours just as you did before.

Mild nausea, fullness, and abdominal discomfort are not unusual.

If you have any questions regarding the preparation, please do not hesitate to call the office.

**NOTHING** to eat or drink the day of the procedure except the **Prep** and **SPECIFIED** medications. **Diabetics** should hold their morning dose and check a finger stick before coming for their procedure.