

Colonoscopy with Gallon Solution

PURCHASE YOUR PREP EARLY

- Gallon Solution
- 1 Regular Fleet Enema
- 4 Dulcolax tablets

Go to your pharmacy and purchase the Gallon Solution using the prescription provided, 4 Dulcolax tablets which can be purchased over-the-counter, and 2 regular Fleet enemas which can also be purchased over-the-counter. Sometimes your pharmacy may need to order the Gallon solution for you, so go to your pharmacy several days prior to the start of your preparation.

TWO DAYS BEFORE YOUR PROCEDURE

6:00 pm **Eat a liquid meal.** This includes: fruit juice, water, soft drinks, tea/coffee, protein drink, canned drink such as Ensure, Boost, Slim Fast, broth, Jell-O, or Gatorade. Continue liquids until only 6 hours prior to your procedure.

THE DAY BEFORE YOUR PROCEDURE

8:00 am **Eat a liquid meal.**
12:00 Noon Eat a **clear** liquid meal. This includes any liquid you can see through such as broth, tea, coffee, Gatorade, ice popsicles, but no dairy products.
Please note: Avoid red colored liquids because red dye could be mistaken for blood in your colon.
1:00- 4:00pm Drink 8 oz of water or clear liquid each hour to avoid dehydration.
4:30 pm Take 4 Dulcolax tablets with 8 oz water.
5:00 pm Mix contents of the Gallon powder with 1 gallon of tap water, shake to dissolve, add any flavoring, and then fill completely. Chill for no longer than 30 minutes.
5:30 pm Drink Solution as quickly as possible, finishing ½ the solution by 7:30 pm. Continue drinking solution until solution is finished. Shake the gallon before each glass is filled.

THE DAY OF YOUR PROCEDURE _____

1. **Do not eat or drink anything 6 HOURS prior to your Colonoscopy**, or it may be canceled.
2. **Use Enema:** Give yourself a regular fleet enema 2 hours before leaving home.
3. Have a Driver take you to your Colonoscopy.
4. Take Medications as Instructed by your Doctor with a sip of water.



Helpful Hints

- Flavoring the solution with 1-2 tbsp of pre-sweetened powder (no red colored powders please) may help if your solution comes to your unflavored.
- If you feel full while drinking, rest for a few minutes before continuing to drink.
- If you have chronic diarrhea, ulcerative colitis, or have had difficulty with Dulcolax in the past, do not take the Dulcolax.
- Remain at home after beginning the solution.
- **IF YOU DEVELOP NAUSEA OR VOMITING WHILE DRINKING THE SOLUTION, STOP. Go to the drugstore and purchase an enema bag and Dulcolax suppository. At least 4 hours before your colonoscopy, give yourself warm tap water enemas (2 pints at one time). Continue this every hour until the colon is clear of stool. Give yourself a Dulcolax suppository one hour before leaving home.**

Have someone drive you to the Facility and arrive at _____

- Surgery Center Plus Inc. 7430 N. Shadeland Ave #100, Indpls (317) 841-8005
- Community Hospital North, Outpatient Department, 7150 Clearvista Dr. Indpls
- Community Hospital East, Outpatient Department, 1500 N. Ritter Ave. Indpls
- Riverview Hospital, Outpatient Department 395 Westfield Road, Noblesville
- Other: _____

For more information please visit our website at, www.colonrectalcare.com

Please note: If you cancel or reschedule your procedure, a 48 hour notice is required or you will be subject to a \$75.00 fee (\$25.00 physician fee and \$50.00 facility fee.)