

4 LITER/BISACODYL TABLET COLONOSCOPY PREP INSTRUCTIONS

Your procedure is scheduled on: _____

Your arrival time is: _____

(Your arrival time may change up to the day before the procedure)

Location of procedure:

- Tahoe Forest Hospital, Main Lobby Entrance
10121 Pine Avenue, Truckee, CA
- Incline Village Community Hospital
880 Alder Avenue, Incline Village, NV

QUESTIONS? For more information on pre-colonoscopy diet suggestions, suggestions if you have constipation, medication instructions, and troubleshooting tips, go to **TFHD.com/colonoscopy** or call **(530) 582-3455** and leave a voicemail.

Post-Procedure Pick Up:

Arrange for a responsible person to pick you up after your exam. Your driver must stay within 20 minutes of Tahoe Forest Hospital/Incline Village Community Hospital during the procedure. **You may not drive yourself home or take TART buses for the remainder of the day.** You may arrange for TART Connect if you live in Truckee or use UBER, if necessary.

1 WEEK BEFORE COLONOSCOPY _____

Purchase the following:

- 4 Liter Prep:** A prescription medicine available from your preferred pharmacy
- Bisacodyl (Ducolax):** 4 pills, 5 mg each. Bisacodyl is an over-the-counter laxative that will assist with the prep. It is available from your preferred pharmacy or drug store.
- Simethicone (Gas-X):** 2 tablets, 125mg each. Simethicone is an over-the-counter drug that will help relieve any gas pain or pressure. It is available from your preferred pharmacy or drug store.

3 DAYS BEFORE COLONOSCOPY _____

Low-Fiber Diet:

Eat a **Low-Fiber Diet** beginning 3 days prior to your exam, selecting low-fiber foods such as milk, cheese, yogurt, chicken, fish, and eggs. Cooked or canned vegetables are OK.

Avoid high-fiber foods such as bread and cereal with seeds or nuts, raw vegetables, and fruits with peels and any berries.

2 DAYS BEFORE COLONOSCOPY _____

At bedtime:

- Take 2 **Bisacodyl (Ducolax)** 5mg pills at bedtime.

The colonoscopy preparations are taken in two parts: the 1st part is taken one day before, and the 2nd part is taken the morning of your procedure.

1 DAY BEFORE COLONOSCOPY

When you wake up:

— Begin **CLEAR LIQUID DIET** only, (avoid red, blue, and purple), including:

- **Water** – tap, sparkling, seltzer, coconut (no pulp)
- **Juice** – apple, white grape, white cranberry
- **Gatorade** – yellow, green, orange, clear
- **Jell-O** – yellow, green, orange
- **Clear broth or bouillon** – chicken, beef, or veggie flavors
- **Coffee, Tea** without any creamer (dairy or non-dairy)
- **Gummy Candies**

At 12:00 pm (noon):

- Take 2 **Bisacodyl (Ducolax)** 5mg pills
- Add water to **4 Liter Jug** to fill line
- Take 1 **Simethicone (Gas-X)** 125mg pill with water
- Draw a line ½ of the way down
- Mix and place in refrigerator

At 1:00 pm:

— Start drinking the **first ½ of 4 Liter Jug**, 8 ounces every 20 minutes

- 1:00 pm:** Drink 8 ounces of 4 Liter Prep
- 1:20 pm:** Drink 8 ounces of 4 Liter Prep
- 1:40 pm:** Drink 8 ounces of 4 Liter Prep
- 2:00 pm:** Drink 8 ounces of 4 Liter Prep
- 2:20 pm:** Drink 8 ounces of 4 Liter Prep
- 2:40 pm:** Drink 8 ounces of 4 Liter Prep
- 3:00 pm:** Drink 8 ounces of 4 Liter Prep
- 3:20 pm:** Drink 8 ounces of 4 Liter Prep

DAY OF COLONOSCOPY

- At _____ (5 hours prior to arrival) Take 1 **Simethicone (Gas-X)** pill with water
- At _____ (4 hours prior to arrival) Drink the **remaining ½ of the 4 Liter Jug**
- _____ **am:** Drink 8 ounces of 4 Liter Jug
- _____ **am:** Drink 8 ounces of 4 Liter Jug
- _____ **am:** Drink 8 ounces of 4 Liter Jug
- _____ **am:** Drink 8 ounces of 4 Liter Jug
- _____ **am:** Drink 8 ounces of 4 Liter Jug
- _____ **am:** Drink the REST of 4 Liter Jug

At _____ (2 hrs prior to arrival) **DO NOT drink, eat, or consume anything by mouth, INCLUDING WATER. NO gum, candy, ice or chewing tobacco.**

You may take your prescription medications with a small sip of water, 2 hours prior to arrival.