

24 Hour (one-day) Split-Dose Bowel Prep Instructions for Colonoscopy

Please read all pages in this packet. Read all instructions carefully and follow them exactly to avoid having your colonoscopy rescheduled. We will have to reschedule your appointment if your colon is not clean or if we foresee a potential complication or contraindication.

5-7 Days before colonoscopy

- Pick up your bowel prep solution at your pharmacy.
- Pick up everything needed for your clear liquid diet.
- Read all pages provided and call our office if you have any questions (number listed below).
- Make arrangements to have someone drive you to the procedure, stay with you and take you home afterwards. For your safety, you will not be allowed to leave the facility by yourself. You cannot drive for 12 hours after the procedure. Medical transportation is acceptable.

Day before colonoscopy

5 a.m. - 7 p.m. Start a clear liquid diet when you wake up (no red or purple liquids). **No solid food at all.** Mix your prep solution and put it in the refrigerator. You will need it to be cold when you start to drink it later in the evening.

7 p.m. - 9 p.m. Drink half a gallon (half of the container) of bowel prep solution.

- Drink eight ounces of prep every 10 minutes until half of the container has been consumed.
- Place the other half of the container back in the refrigerator.
- **Please stay well-hydrated. Drink plenty of water. (Four to six extra glasses recommended).**

9 p.m. – Midnight You may have a **clear liquid** diet until midnight (after you finish the first half of the prep solution).

Day of colonoscopy

After Midnight: Take nothing by mouth. This includes tobacco, candy, gum, mints, etc.

Morning of colonoscopy: Drink the remaining half gallon (second half) of the solution. Drink an extra four to six glasses of water (same as above).
Entire container must be consumed at least three hours before your colonoscopy.
Please note the time listed on the left.

Finish prep by: You may take your morning prescription medications with a small sip of water at least four hours before your scheduled colonoscopy.

Location:	UT Health Tyler Digestive Disease Center 700 Olympic Plaza Tyler, TX 75701	UT Health Carthage 409 W. Cottage Rd Carthage, TX 75633	UT Health Jacksonville 501 S. Ragsdale St. Jacksonville, TX 75766	UT Health Quitman 117 N. Winnsboro St. Quitman, TX 75783
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If you have any questions at all, please call us at 903-747-4737. Thank you!