



SAMPLE SIX-DAY COLONOSCOPY PREP GUIDE

DULCOLAX & LOW FIBER DIET

Six Days Before the Colonoscopy: Friday

- Read all preparation instructions
- Arrange a driver for your procedure

Five Days Before the Colonoscopy: Saturday

Create meal plan

Determine meals for five-day meal plan:

- See recommend food items on “four days before”
- Create meal plan of items you prefer
- Make shopping list

Purchase groceries for meal plan

Acquire colonoscopy preparation products

Determine product for preparation and flavors you prefer:

- Dulcolax Balance Powder or Miralax Powder – 119g bottle (two bottles)
- Dulcolax Laxative Tablets – (four tablets)
- Gatorade Drink – 32 oz bottle (two bottles) No red or purple color/flavor

Four Days Before the Colonoscopy: Sunday

Stop supplements: Herbal, vitamins and oral iron supplements

Start low-fiber diet meal plan

Foods **allowed** four days before the procedure:

- Enriched white bread, pasta and noodles, white rice, potatoes without skin
- Canned or well-cooked vegetables without seeds or skin
- Canned fruit or fresh fruit without skin or membranes
- Tender meat, chicken or fish

Foods to **avoid** four days before the procedure:

- Any food containing seeds, nuts or popcorn
- Raw vegetables with a skin, seeds, corn, broccoli, cabbage, dried beans or peas
- Whole grain bread or pasta, brown or wild rice, cereal such as oatmeal, shredded wheat and granola
- Fruit with skins
- Tough meat with gristle
- Fatty foods

Suggested meal plan:

SUNDAY (Four days before colonoscopy):

- Breakfast: eggs, white toast, jam
- Lunch: turkey sandwich on white bread with avocados, baked potato chips
- Dinner: grilled chicken thighs, sautéed mushrooms, white rice cooked in mushroom broth

MONDAY (Three days before colonoscopy):

- Breakfast: Greek yogurt with bananas and honey topping
- Lunch: tuna with olive oil and lemon juice on sour dough bread, honeydew melon cubes
- Dinner: cedar plank wild salmon (no coloring), sautéed spinach with garlic, Israeli couscous

TUESDAY (Two days before colonoscopy):

- Breakfast: half cantaloupe with Greek yogurt and honey topping
- Lunch: turkey sandwich on sour dough bread, honeydew melon cubes
- Dinner: Orecchiette white pasta with cream sauce

Two Days Before the Colonoscopy: Tuesday

Stop any anti-inflammatory medications

- Do not take Motrin, Advil, Ibuprofen
- You may take Tylenol and Celebrex

Confirm that you have a driver who will come with you to the appointment

Complete all medical forms

- List all medications you are on
- Find insurance cards
- Prepare first and last names with address of all doctors you want to receive a copy of your procedure

Determine product for preparation and flavors you prefer

Determine what you will be wearing

- Comfortable, loose fitting clothing
- Easy to step into
- Tennis or flat shoes
- Do not wear jewelry, watches or bring valuables

One Day Before the Colonoscopy: Wednesday

No solid food or alcohol

Liquids you must **avoid**:

- Milk, shakes, smoothies
- Juices: orange, grapefruit, prune (no red or purple juices)

Clear liquids you **may consume**: (no red or purple flavors/colors)

- Gatorade, Powerade, Kool Aide
- Juice: apple, white grape
- Soda: ginger ale, orange, diet cola, cola, Sprite, 7Up
- Coffee or tea (no cream)
- Jello, popsicles
- Clear soup, beef broth, chicken broth, bouillon

Hydrate: (once awake)

- Drink eight ounces of Gatorade without prep product every hour while awake

Medications: (3:00 p.m.)

- Make sure you take the prescribed medications one hour prior to drinking prep solutions so they can absorb

Bowel Preparation: (Start 4:00 p.m.)

- 4 p.m.: Take four Dulcolax laxative tablets
- 6 p.m.: Begin drinking first bottle solution of Gatorade 32 oz with Dulcolax Balance Powder or Miralax Powder – 119g bottle
- Repeat every 15 - 30 minutes for one to two hours until first bottle is gone
- 2 a.m.: (Thursday) Drink second bottle of Gatorade - Dulcolax /Miralax solution
- 4:30 a.m.: Stop all eating and drinking from this point, or three hours before scheduled procedure time

Colonoscopy Day: Thursday

No food or liquid three hours (4:30 a.m.) before your scheduled procedure time

- 7:00 a.m. check in
- 7:30 a.m. procedure
- 9:00 a.m. scheduled to release

Thanks to Todd Setter, former director at the Colon Cancer Alliance, for his help in creating this guide.

Please note: This colonoscopy prep plan is meant to be a guide, not medical advice. Always seek in-person medical advice and make medical decisions with your physician.

The Colon Cancer Alliance's mission is to knock colon cancer out of the top three cancer killers. We are doing this by championing prevention, funding cutting-edge research and providing the highest quality patient support services. Read more information about the Colon Cancer Alliance at ccalliance.org.