

**\*\*Please read this information before your appointment is scheduled.**

## Description of Colonoscopy Preparations

Before having a colonoscopy done, you need to use a laxative preparation to clean out your entire colon. Your choices are listed below. **With all of the preparations, it will be necessary to be at home when taking the laxatives as they cause diarrhea within a short period of time.**

*This sheet contains only a brief description of the preparations.*

*After we talk to you on the phone and schedule your exam date, we will mail you a prescription, along with a full page of detailed instructions for the preparation that you choose.*

### **Electrolyte Preparation** (Golytely, NuLytely, Colyte)

You will be on a liquid diet for ½ a day before the exam. (soft drinks, broth, black coffee, and juice) The prep. is one gallon of a liquid laxative. You will drink an 8 oz glass of the laxative every 10 – 20 minutes until the gallon is gone. Some people do feel full and nauseous because of the large amount you drink, but this is the least time consuming of all of the preps.

If you are a diabetic, or have multiple medical conditions this may be the best prep for you. If your insurance does not pay for prescriptions, the Electrolyte prep. costs about \$35 depending on your pharmacy.

If your insurance is Medicaid, you need to use the Electrolyte Prep. Medicaid may not pay for any other prep.

### **Miralax / Gatorade Prep**

With this prep you are on a liquid diet for 1 day before the exam. (soft drinks, broth, black coffee and juice). At 3:00 pm, you will take 4 Dulcolax pills. Beginning at 6:00 pm you will begin to drink two 32 oz bottles of Gatorade with a powder laxative added to it.

If your insurance does not pay for prescriptions, the Miralax costs about \$35 depending on your pharmacy

**\*\*Please read the information listed on the back side of this sheet. Please call our office if you have any questions. You can also get more information on our website. [www.colonsurgeons.com](http://www.colonsurgeons.com)**