INSTRUCTIONS FOR COLONOSCOPY-2 DAY BOWEL PREP

This procedure is done in the Endoscopy Unit at Pen Bay Medical Center.

Two Days before Colonoscopy

- Start clear liquid diet. No solid foods, red or purple liquids, or alcohol.
- In the evening, mix bowel prep solution:
  Open flavor packet and pour into the container. Fill the container with lukewarm water to the fill line and put into the refrigerator to chill.

One Day before Colonoscopy

- Begin drinking bowel prep solution around 8-9am. Drink 8 oz. every 10-15 minutes until 2 liters (64oz.) of the prep is gone.
- Nausea is common while drinking prep. If this occurs, stop drinking for 30 minutes before restarting. Walking around may help relieve nausea.
- Bowel movements usually occur within 3 hours of starting prep, but may take longer. It is recommended to stay near a restroom at this point.
- Between 4-5pm drink another 2 liters (64oz.) of prep solution over the course of 2 hours-Drink 8 oz. every 10-15 minutes until gone. This completes the first 4-liter container of prep solution.

Day of Colonoscopy

- Continue clear liquid diet-No solid food.
- Five (5) hours prior to leaving home, drink another 2 liters (64oz.) of prep solution-Drink 8 oz. every 10-15 minutes until gone.

**You will have 2 liters of prep solution left in the container, which you can throw away**
**NOTHING TO EAT OR DRINK 2 HOURS PRIOR TO ARRIVAL TIME**

- Wear comfortable clothes: two-piece outfit is preferable.
- Leave valuables at home.
- Arrive on time at the front desk to check in through the Main Entrance of Pen Bay Hospital. Please report to the Surgical Care Unit afterwards.
- You must have a responsible adult drive you home. We recommend that he/she stay in the waiting room during the duration of your stay, which is approximately 2 hours.

Please call 301-5970 if you have any questions.