

Rural Health Surgical Clinic  
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## COLONOSCOPY BOWEL PREP INSTRUCTIONS

**Location: Salem Township Hospital or Crossroads Community Hospital**

Your colonoscopy procedure is scheduled for \_\_\_\_\_.

- Surgery Department staff will call you with an arrival time.
- Items you will need for bowel prep:
  - 4 Dulcolax tablets** (laxative not stool softener)
  - 1 – 238gm bottle of Miralax** and 64 ounces of a clear liquid (any color except red).

All of these items are available over-the-counter. You do not need a prescription.

- **DO NOT** eat popcorn, corn, nuts, beans or garden vegetables starting **one week** prior to the procedure.
- **STOP** taking Plavix, Coumadin, \_\_\_\_\_, \_\_\_\_\_ on the following date \_\_\_\_\_.
- The day **BEFORE** your procedure take your medications as usual. If you take Insulin or other medications for your blood sugar, please follow these instructions:

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- Start a clear liquid diet on \_\_\_\_\_. Continue clear liquids all day. Clear liquids include broth, bouillon, Jell-O, popsicles, pulp-free juice, coffee without cream, tea and soda. **DO NOT** drink any red colored liquids, milk or dairy products.
- Start your bowel prep at **5 p.m.** on \_\_\_\_\_.

Can you read the newspaper?



This is apple juice. Apple juice is clear because you can read the newspaper through it.  
**YOU CAN DRINK THIS**



This is orange juice. Orange juice is not clear because you cannot read the newspaper through it.  
**DON'T DRINK THIS**

These drinks are  
**OK**



Soda pop, ginger ale,  
and club soda



Water and mineral  
water



Black coffee  
(No cream or milk)



Clear sports drinks



Apple juice



Tea

These foods are  
**OK**



Clear broth



Honey



Popsicle



Jell-O

## **PREP INSTRUCTIONS**

At 5:00pm take two (02) Dulcolax tablets with an 8 oz. glass of water.

At 7:00pm mix one (01) 238 gm bottle of Miralax Laxative with 64 oz. of clear liquids (**any color except RED**). Drink an 8 oz. glass every 15-20 minutes times four (04) glasses.

At 2:30am take two (02) Dulcolax tablets with 8 oz. of water. Drink the Miralax/clear liquid mixture as previously mixed. You will drink an 8 oz. glass every 15-20 minutes times four (04) glasses.

## **NOTHING TO EAT OR DRINK AFTER MIDNIGHT EXCEPT YOUR PREP**

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**Additional Personal Instructions:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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## **WHAT TO DO THE DAY OF THE PROCEDURE**

- The day of the procedure take the following medications with a sip of water **BEFORE** coming to the hospital. \_\_\_\_\_
- The day of the procedure please check your blood sugar **BEFORE** you come to the hospital if you are a diabetic.
- The day of the procedure, please inform the nurse if there are any changes with your allergies or current medications. Bring a list of current medications with you to the hospital.
- You **MUST** have someone come with you to get discharge instructions and to drive you home. You will not be allowed to drive yourself due to the anesthesia given during the procedure.
- The day of the procedure, please arrive at the Patient Access/Registration department at Salem Township Hospital on time. The Same Day Surgery staff will call you before your scheduled procedure to inform you of the time to arrive for your procedure.
- If you have any questions, you may call Dr. Knolhoff's office at 618-548-5061 or the Same Day Surgery Department at Salem Township Hospital at 618-548-3194, Extension 1410.

## What your stool should look like.....

### How do I know if my prep is working?

Look at these examples of stool colors. You want your stool to be clear.

- After drinking all of your prep, your bowel movements should be all liquid yellow and clear like picture #4 or #5.

- However, if your bowel movements are solid or look like pictures #1, #2 or #3 you are probably not prepped and will need to cancel your procedure.



These drinks are  
**NOT OK**



**NO**

Milkshakes



**NO**

Coffee with  
cream



**NO**

Pineapple juice



**NO**

Orange juice



**NO**

Milk or dairy drinks

These foods are  
**NOT OK**



**NO**

Bread, grains,  
rice or cereal



**NO**

Soup with chunks  
of food



**NO**

Meat



**NO**

Dairy products



**NO**

Vegetables



**NO**

Fruit