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COLONOSCOPY PREP INSTRUCTIONS

Polyethylene glycol Preps

You have been scheduled for a colonoscopy with Dr Dixon on _____ at Newberry County Memorial Hospital (NCMH).

The day before your colonoscopy follow a clear liquid diet (NO SOLID FOODS). Please avoid red colored liquids as well.

THE PREP

START the Prep between **4-5 PM**.

1. Drink the Prep that was prescribed by drinking 8 oz every 10-15 minutes until the entire prep has been completed.
 - You may flavor the prep with Crystal Light, but this is not required.
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Between **8-10PM**

Drink an additional 8-16oz of water

Do Not Drink anything After Midnight (unless instructed to take your medications with a sip of water)