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COLONOSCOPY PREP INSTRUCTIONS

Sutab

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. Take the first 12 pills with 16 oz of water – taking a pill every 1-2 minutes. (You should finish the 12 pills and 16 oz of water in 20 minutes).
2. Approximately 1 hour after taking the 12th pill, drink 32 ounces of water over the next 1 ½ hours.

Around **8-9 PM** (At least 4 hours after starting the first set of pills)

1. Take the second set of 12 pills – again with 16 oz of water.
2. Again drink, 32 ounces of water over the following 1 ½ hours

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