

# WHAT TO DO THE DAY BEFORE YOUR COLONOSCOPY



## STEP 1. TAKE 4 TABLETS



**@ 12:00 NOON**

- Take all (4) bisacodyl tablets with water.
- Do NOT chew or crush.
- Do not take the bisacodyl tablets within 1 hour of taking antacid.

## STEP 2. MIX SOLUTION



**@ 1:00 PM**

- Add lukewarm drinking water to top of line on bottle.
- Cap bottle and shake to dissolve the powder.
- The reconstituted solution will be clear and colorless. Use within 48 hours. Do not add anything else, such as flavorings, to the solution.

## STEP 3. WAIT FOR A BOWEL MOVEMENT



**From 1:00 – 6:00 PM**

- After a bowel movement occurs (usually in 1 to 6 hours), begin to drink the solution.
- Even if no bowel movement occurs after 6 hours, begin to drink the solution.

## STEP 4. DRINK ALL THE SOLUTION



**AFTER A BOWEL MOVEMENT**

- **Drink 1 (8 oz) glass every 10 minutes (about 8 glasses). Drink each glass quickly rather than drinking small amounts continuously.**
- **Be sure to drink ALL the solution**