

# Digestive Disease Associates

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## Four Liter Colonoscopy Prep:

**The day prior to your colonoscopy**, you will need to maintain a clear liquid diet. This includes items such as water, tea, apple or white grape juice, clear sodas, clear broth, jello (not red or purple). Avoid milk products. Avoid any solid food.

**The morning before your colonoscopy**, choose a flavor pack and add it to the four liter bottle. Shake well to mix flavor pack with the powder in the bottle. Add water up to the fill line. Shake well until powder is dissolved. Add nothing else to the solution. Refrigerate until ready to drink.

**The evening before your colonoscopy**, start drinking the solution between 4 and 6 pm. Drink an eight ounce glass every 10 minutes. Keep drinking until half the solution is gone. Please try to complete this part of the prep over 2 hours. Bowel movements should begin about a half hour to an hour after your first glass. Feelings of bloating and nausea are common after the first few glasses. They should subside when you start having bowel movements. If needed due to nausea, you may take a 30 minute break, then start again till the first half of the solution is taken. Refrigerate the remaining solution.

The rest of the solution will be consumed six (6) hours prior to your scheduled procedure time.

**Six (6) hours prior to your procedure**, start drinking an eight ounce glass every 10 minutes until the remaining solution is gone. It is very important you complete this part of the prep over two hours. Do not eat or drink anything else four hours prior to your procedure.

**TIPS:** Chill it. Try chilling the glass too. Drink the whole glass quickly, do not sip. Rinse your mouth with cool water between glasses. Drink the solution with a straw. Place some light reading material in the bathroom. Make sure you use soft toilet tissue or pre-moistened bathroom wipes to prevent soreness.

**Please follow these instructions for the best results for your procedure. Failure to follow these instructions could result in cancelation of your procedure and rescheduling.**