

Preparing Your Bowel for Colonoscopy

For the colonoscopy procedure to be thorough and safe, your bowel must be completely empty. To prepare for the procedure, you will need to follow a liquid diet for one to three days before the procedure. The night before the procedure, you will also take one of several types of laxatives (such as Miralax®, Golytely®, or others). This is known as a bowel prep. Each patient handles bowel preparation differently; therefore, a specific bowel prep will be mailed to you with complete instructions. Because the majority of our patients are instructed to take the Miralax preparation, these instructions are included on this webpage.

You will need to arrange a ride home after the colonoscopy – as you won't be allowed to drive because you may have been given sedatives during your procedure. Your doctor may also give you other special instructions.

The goal at Portland Gastroenterology Center is to make your experience as pleasant as possible, while providing the best possible medical care. Please call your physician's office with any questions you may have.