

## Colonoscopy Prep Instructions

You have been scheduled for a procedure to inspect your large intestine. This test requires everyone to undergo a preparation prior to the procedure. The large intestine, or colon, normally has debris throughout and requires cleansing prior to this examination. It is important to have a clean colon without debris for this examination. By the end of this prep, you should be moving your bowels so that only clear-yellow to light yellow liquid is passing. If your colon is not properly cleansed, this examination may miss finding important things. *If the preparation is not good, you may be required to repeat the preparation and undergo the procedure again.*

### **General Instructions**

#### Seven Days prior to the Colonoscopy

Stop Iron, Multivitamins with Iron, and any herbal supplements.

#### Two Days prior to the Colonoscopy

- 1. Please stop arthritis medications (such as Motrin, Aleve, Ibuprofen, Celebrex). It is OK to take Tylenol.
- 2. Fill your prescription for solution (Trilyte, Nulytely, Golytely, etc.) at your pharmacy.
- 3. Please purchase Dulcolax pill laxative (generic name is bisacodyl), it is over the counter (questions: Ask the pharmacist)
- 4. Diet instructions: Avoid foods with seeds, nuts, uncooked veggies, lettuce, and red liquids.

#### Day Prior to the Colonoscopy

- 1. Please eat a light breakfast (toast, eggs, etc.) prior to 9:00am. After 9:00am, drink only clear liquids (no solid food). Clear liquids include: coffee, hard candy, tea, water, soft drinks, apple or white grape juice, sport drinks (like Gatorade), KoolAid, clear broths, popsicles, flavored ice slushes or Jell-O.
- 2. Drink at least 64 oz. of liquid prior to drinking the solution (remember that you have all day to just drink liquids, you must be careful to not be dehydrated). The best fluids to drink are sports drinks (Gatorade, etc).
- 3. Please do not drink red, blue, or purple colored liquids.
- 4. Between 3:00pm and 5:00pm, take four Dulcolax (biscodyl) pills.
- 5. At 5:00pm, start drinking your solution. Drink one glass (8 oz.) every fifteen minutes and stop when you have finished half of the bottle (two liters or half gallon). Place the remaining solution back in the refrigerator for tomorrow. If your procedure is scheduled before 9:00am, you may continue to drink the rest of the solution this evening (rather than very early in the morning).
- 6. Continue to drink clear liquids through the evening.

*Please Turn Over for More Instructions*

### Day of the Colonoscopy

- 1. Please take your regularly scheduled medications.
- 2. Four hours prior to your examination, drink the remaining solution as above.
- 3. You may continue to drink clear liquids up until two hours prior to your examination.
- 4. Arrive one hour before your scheduled time.
- 5. You must have a driver with you. We prefer that your driver stays on the premises throughout your procedure. We also recommend that someone be with you at the time of discharge to hear the instructions that are given.
- 6. Bring your insurance card(s).
- 7. If you haven't mailed them back to us, bring completed patient information forms.
- 8. Please leave any valuables at home.

### **Helpful Hints**

- Try sucking on hard candy between each glass.
- Squeeze fresh lemon or lime juice in each glass. Some people bite into a lemon before drinking each glass. Drink the solution with a straw.
- If chilling, nausea, vomiting or cramping occurs, stop drinking the solution for thirty minutes, then try again.
- If the rectal area becomes irritated, you can apply zinc oxide cream (Desitin) to the area as often as needed.
- Moist, flushable wipes (unscented or with aloe) are also available on grocery shelves. Use these instead of regular toilet tissue.

### **Special Instructions**

#### For Patients with Heart Defibrillators or Central Venous Access Devices:

- In general, your procedure must be done in the outpatient department of a hospital. Please call our office as soon as possible and inform the scheduler or nurse that you have a defibrillator or central venous access device (ports or catheters).

#### For Patients who take blood thinners (such as Coumadin, Plavix, Aspirin, Ticlid, etc.):

- We do not routinely stop these medicines for screening colonoscopy.
- Your circumstances are unique and may require additional testing, including repeat colonoscopy for polyp removal.

#### For Patients who have diabetes:

- Please call your doctor and inform them that you are undergoing a colonoscopy examination.
- Ask your doctor if your diabetic medicines need to be adjusted for the change in your diet (clear liquids the day prior).
- Check your blood sugars frequently throughout the day when you are drinking your prep solution.
- Check your blood sugar the day of the procedure prior to leaving home.

### **Questions**

- Visit our Website: [www.ohiogastro.com](http://www.ohiogastro.com).
- Call the office during regular business hours (8:00am to 4:30pm) at (614) 754-5500.