

## Colonoscopy Prep Instructions

### **PLEASE FOLLOW THESE INSTRUCTIONS PRIOR TO YOUR COLONOSCOPY**

Colonoscopy examination requires a bowel prep prior to the procedure. It's very important to have a clean colon, without retained stool, to ensure the best examination results. By the end of your bowel prep your stool should be liquid, either clear or yellow in color. If your stool remains brown at the end of your prep there will be decreased visualization of your colon, and *chances are that your exam will need to be rescheduled.*

### **SPECIAL INSTRUCTIONS (PLEASE SEE IF ANY OF THE SITUATIONS BELOW APPLY TO YOU)**

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

- Please call our office immediately to inform the office staff if you have a heart defibrillator or central venous access device. If so, your procedure will need to be scheduled at the hospital setting

#### For patients who take blood thinners (examples include Coumadin, Plavix, Eliquis, Xarelto, etc):

- We don't routinely stop these medications before colonoscopy examination
- In most cases, removal of small polyps and biopsies can be safely done while taking blood thinners
- Your colonoscopy examination may need to be repeated if a large polyp is found while taking blood thinners

#### For patients who have diabetes:

- ***Please call your primary care doctor to inform them that you are having a colonoscopy examination and ask for instructions if your diabetic medication doses need to be adjusted during your colonoscopy examination preparation and procedure day***
- Remember to check your blood sugars frequently throughout the day *before* your colonoscopy procedure and on the day of your colonoscopy procedure

### **GENERAL PROCEDURE PREPARATION INSTRUCTIONS**

#### Seven days prior to your colonoscopy procedure

- Stop taking iron, including multivitamins containing iron
- Do not eat foods containing small seeds

#### Two days prior to your colonoscopy procedure

- Fill your bowel preparation prescription (examples include Trilyte, Nulytely, Moviprep, Suprep, Clen piq etc) at your local pharmacy. ***If you haven't received a prescription for a bowel preparation call our office immediately***

- Please purchase anti-gas tablets (examples include Gas-X or generic simethicone) and Dulcolax
- Avoid raw vegetables, lettuce and red liquids

Day prior to your colonoscopy procedure

- Clear liquid diet all day. Examples of clear liquids include water, chicken broth, apple or white grape juice, sport drinks, popsicles, Jell-O, coffee, tea, and soft drinks. Please avoid red liquids
- **Stay hydrated.** Drink at least one liter of water before starting your bowel preparation
- Arrange to have a driver with you on your procedure day. We prefer that your driver stay in the waiting room during your colonoscopy procedure so that your driver is available at the time of discharge to hear instructions that will be provided after your procedure. Expect to be at the surgery center for 2 to 3 hours
- Please start your prescribed bowel preparation by 5:00pm. Take two Dulcolax laxative tablets already purchased. Follow the specific instructions for your bowel preparation solution (**please find your prescribed bowel prep on page 4 for detailed prep instructions**)
- Please continue to drink clear liquids all evening. **Stay hydrated**
- Take 2 anti-gas tablets already purchased between 9:00pm and 10:00pm

Day of your colonoscopy procedure (failure to follow these specific instructions may lead to delay of your procedure start time)

- Please take your regularly scheduled medications. Do NOT take any fiber supplements (Metamucil, Benefiber, Fibersure, etc) or antacids (Maalox, Pepto bismol, Mylanta, etc) on the day of your procedure
- Do NOT use creamers in your coffee today
- Do NOT use recreational marijuana the day of your procedure
- Please wake up early and complete the bowel preparation at least **TWO** hours before your scheduled procedure time
- Take 2 anti-gas tablets already purchased between two and four hours prior to your procedure time
- Do not chew gum or smokeless tobacco, or use hard candy or throat lozenges up to **TWO** hours prior to your procedure time
- You may continue to drink clear liquids up to **TWO** hours prior to your procedure time. Your procedure **WILL BE DELAYED OR CANCELLED** if you eat or drink anything within **TWO** hours prior to your scheduled procedure time (this includes use of a drinking fountain)
- Arrive **ONE** hour prior to your scheduled procedure time
- Remember to bring your insurance card(s) and photo ID
- Please leave all personal valuables at home

- Although we always take the necessary steps to maintain your safety at all times, our procedures are not without potential risk. Please have confirmed arrangements for a responsible driver to take you home. Again, we ask that this responsible person remain on our premises in the rare event that an emergency should occur

***If your driver can't be confirmed when you arrive, we will NOT be able to provide sedation, and your procedure may need to be rescheduled. Taxi or Uber transportation will NOT be accepted for safety reasons***

#### **HELPFUL HINTS**

- Your stool should be liquid, either clear or yellow in color, after completion of your bowel preparation
- Use citrus fruits or hard candies to suck on during your bowel preparation
- Use a straw when consuming your bowel preparation
- If you become nauseated or feel chilled during your bowel preparation, stop the prep for at least 30 minutes before resuming
- *Remember, millions of Americans undergo colonoscopy every year. You can do this!*

#### **QUESTIONS**

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

## **Bowel Preparation Instructions by specific product**

Please find your specific bowel preparation product from the list below, and follow the specific instructions for that product starting the **day before** your colonoscopy procedure

1. Golytely, Nulytely, Trilyte, Gavalyte, Peg3350 (etc) : mix the prep solution with water per product or pharmacy instructions. Place in refrigerator. Starting no later than 5PM, drink one 8 ounce glass every 15 minutes and stop once you have finished half of the bottle (about 2 liters). Place remainder of prep in refrigerator to complete the next morning. Starting at least **FOUR** hours prior to your scheduled procedure time, drink one 8 ounce glass every 15 minutes until the prep is completed. If you have an early morning procedure, you will need to get up in the middle of the night to complete the required bowel prep. Remember, you will need to complete the bowel prep at least **TWO** hours prior to your scheduled procedure time.
2. Moviprep: mix the prep solution with water per product or pharmacy instructions. Place in refrigerator. The Moviprep container is divided by 4 marks. Starting no later than 5PM, drink the prep solution down to the next mark every 15 minutes until the full one liter container is complete. The next morning, mix the second half of the prep solution with water per product or pharmacy instructions. Starting at least **FOUR** hours prior to your scheduled procedure time, drink the prep solution down to the next mark every 15 minutes until the full one liter container is complete. Remember, you will need to complete the bowel prep at least **TWO** hours prior to your scheduled procedure time.
3. Suprep: mix the prep solution with water per product or pharmacy instructions. Place in refrigerator. Starting no later than 5PM, drink the entire 16 ounce container of prep solution. Over the next **ONE** hour, drink **TWO** more full 16 ounce glasses of water. The next morning, mix the second half of the prep solution with water per product or pharmacy instructions. Starting at least **FOUR** hours prior to your scheduled procedure time, drink the second 16 ounce container of prep solution. Over the next **ONE** hour, drink **TWO** more full 16 ounce glasses of water. Remember, you will need to complete the bowel prep and water at least **TWO** hours prior to your scheduled procedure time.
4. Prepopik: Starting no later than 5PM, fill the dosing cup with cold water to the 5 ounce mark, then add one packet of prep solution contents. Stir for 2-3 minutes until completely dissolved, then drink entire contents over 15 minutes. Within the next 5 hours, drink at least five 8 ounce glasses of water before bedtime. Starting at least **FOUR** hours prior to your scheduled procedure time, fill the dosing cup with cold water to the 5 ounce mark, then add the second packet of prep solution contents. Stir for 2-3 minutes until completely dissolved, then drink entire contents over 15 minutes. Over the next 3 hours, drink at least three 8 ounce glasses of water. Remember, you will need to complete the bowel prep and water at least **TWO** hours prior to your scheduled procedure time.
5. Clenpiq: This **prep must be approved by your procedure physician**. Do not refrigerate or freeze this prep. This prep is ready to drink do not dilute. Between 5 – 9 PM drink all of **ONE** of the 2 bottles of Clenpiq. Follow this with **5 or more** 8 ounce cups of clear liquids. Finish the additional liquids over the next 5 hours. (\*\*Hydration is important and it's part of the prep! Make sure to hydrate before, during and after the prep) The next morning (5 hours before your arrival time) drink the entire **SECOND** bottle of Clenpiq. Follow that with **4 or more** 8 ounce cups of clear liquids. Remember, you will need to complete all clear liquids at least **TWO** hours prior to your scheduled procedure time. (If you have Congestive Heart Failure or Kidney Disease you should not take this prep. Please contact our office for alternative prep)