

## Colonoscopy Prep Instructions

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*. Read and follow the instructions below:

### COLONOSCOPY BOWEL PREPARATION INSTRUCTIONS

#### 5-7 DAYS PRIOR TO YOUR COLONOSCOPY

**Fill your bowel preparation prescription at your local pharmacy.**

*\* If you haven't received a prescription for a bowel preparation, call our office immediately*

**Purchase anti-gas tablets**

*Examples include Gas-X or generic simethicone*

**Make arrangements for a responsible adult driver to accompany you on the day of your procedure and drive you home.**

*NOTE: If your driver cannot 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*

**Avoid raw vegetables, corn, nuts, seeds and fiber products**

**Stop taking iron, including multi-vitamins containing iron**

**Do not eat foods containing small seeds or corn**

#### THE DAY PRIOR TO YOUR COLONOSCOPY

**Clear liquid diet all day! No RED liquids.**

*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! Very Important!**

*Drink at least one liter of water before starting your bowel preparation*

**Confirm your responsible adult driver for procedure day**

*We prefer your driver stay in the area during the procedure and be available at time of discharge to hear all instructions (expected duration from check-in: 2-3 hours)*

**5:00PM - Take two Dulcolax laxative tablets**

**6:00PM - Begin prescribed bowel preparation**

*See attached detailed instructions of your prescribed prep formula if provided instructions differ from those on your bottle, use the Ohio Gastro Instructions*

**9:00PM - Take two anti-gas tablets**

**Hydrate, Hydrate, Hydrate!**

*Continue to drink clear liquids all evening until bed*

## DAY OF YOUR COLONOSCOPY

**3 – 4 hours prior to procedure time**

*Take 2 anti-gas tablets*

**At least 4 hours before your procedure time**

*Complete the second half of your bowel prep formula*

**At least 2 hours before your procedure time**

*Take your regularly scheduled medications with only sips of water*

**Continue to hydrate until 2 hours before your arrival time and then **STOP!****

**Do NOT:**

- take fiber supplements (Metamucil, Benefiber, Fibersure, etc.)
- take antacids (Maalox, Pepto bismol, Mylanta, etc.)
- use creamer in your coffee
- take any pain medications or use marijuana
- chew gum, hard candy, or lozenges (Less than 2 hours from your scheduled procedure)

**For the 2 hours before your procedure time: Absolutely NOTHING by mouth!!**

*Your procedure **WILL BE DELAYED OR CANCELLED** if you eat or drink anything during this time (this includes use of a drinking fountain)*

**1 Hour before your procedure time: ARRIVE**

*Do not forget your insurance card and photo ID  
Leave valuables at home.*

***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 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!*
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### 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

### SPECIAL INSTRUCTIONS FOR PATIENTS TO WHICH THE FOLLOWING APPLIES

#### 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

#### Blood thinners (examples include Coumadin, Plavix, Eliquis, Xarelto, etc.):

- We do NOT 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.

#### 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.

**Find Your Prep Below**

Please find your specific bowel preparation product from the list below, and follow the specific instructions for your prep starting the day before

**Golytely, Nulytely, Trilyte, Gavalyte, or any other 4 Liter Prep:** 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.

**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.

**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.

**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.

**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 us for an alternative prep.

**Sutab:** This **prep must be approved by your procedure physician.** Starting no later than 5PM, open one bottle of 12 tablets. Fill the provided cup with water to the 16-ounce fill line. Swallow each tablet with a sip of water. Finish the remaining water over the next 15-20 minutes. **ONE** hour after the last tablet is ingested, drink the second 16-ounce container of water. **30-minutes** after finishing the second container of water, drink a third 16-ounce container of water. If you begin to feel nauseated, slow down the rate of drinking the additional water until symptoms diminish. Starting at least **FIVE** hours prior to your procedure open the second bottle of 12 tablets. Fill the provided cup with water to the 16-ounce fill line. Swallow each tablet with a sip of water. Finish the remaining water over the next 15-20 minutes. **ONE** hour after the last tablet is ingested, drink the second 16-ounce container of water. **30-minutes** after finishing the second container of water, drink a third 16-ounce container of water. Remember, you will need to complete the bowel prep at least **TWO** hours prior to your scheduled procedure time. (\*\*Hydration is important and it's part of the prep! Make sure to hydrate before, during and after the prep)