

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 (ok if these are red/pink colored)

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, lettuce, and red liquids

Stop taking iron, including multi-vitamins containing iron

Do not eat foods containing small seeds or corn

HELPFUL HINTS

- 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!*

THE DAY PRIOR TO YOUR COLONOSCOPY

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! 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)

4:00PM - Take two Dulcolax laxative tablets

5:00PM - 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

start 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.

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.

QUESTIONS

- Visit our website: www.ohiogastro.com
- Call our office during regular business hours (8am to 430pm) at 614-754-5500