

## Colonoscopy Preparation for a MORNING Procedure.

**Failure to follow these instructions may result in cancellation of your procedure.**

### 1 Week Prior to the Procedure

- **Stop** Aspirin for \_\_\_\_ days. Stop Plavix, Coumadin, Aggrenox, Xarelto, Pradaxa for \_\_\_\_ days.
- **Stop** Pepto-Bismol, iron supplements and fish oil supplements. Multivitamins are OK.
- **Avoid** nuts, seeds, popcorn, and fiber supplements for 3 days.
- **Inform** your doctor if you have a pacemaker, internal defibrillator, or artificial heart valve.
- **If you are diabetic**, please refer to the separate instructions for adjustments to your medication.

### One Day Prior to the Procedure




Take all of your normal medications except for Ibuprofen (Advil, Motrin), Aleve. Tylenol is OK.

You may have a light breakfast such as a piece of white toast, 1 cup of yogurt and/or eggs (1 or 2).


For the rest of the day you may have **ONLY CLEAR LIQUIDS** such as:

- Black coffee or tea (sugar is okay)
- Soda (clear or cola is okay)
- Sports drinks – Gatorade, Pedialyte
- Popsicles or Jell-O
- Bouillon/broth (no solid particles)
- Apple, grape or cranberry juice
- Hard candy such as Lifesavers
- Water

Please avoid jello, popsicles, and sports drinks that are red or blue in color. Avoid drinking alcohol.

-  **At noon, take 2 Bisacodyl (Dulcolax) tablets** with water (included in your prescription kit). If you tend to be constipated, take 2 more. Do not crush or chew tablets. Do not take within 1 hour of antacids.
-  **Then mix solution** by adding lukewarm water to top of line. Add one flavor packet. Cap bottle and shake to dissolve the powder. The reconstituted solution will be clear and colorless. (You can consider adding the flavor packet; however we recommend you flavor each cup with a non-red Crystal Light). **Refrigerate the solution** – it will taste better when it is cold. Use within 48 hours.
-  **Between 4 - 6 pm start drinking 1 glass of solution every 10 - 15 minutes.** A straw may help you drink more, faster. **Continue drinking until your stool is CLEAR YELLOW, like urine. This usually takes at least ½ gallon.** If you become full or nauseated, stop for 30 minutes then resume drinking. Remember to continue drinking additional clear fluids to prevent dehydration from the diarrhea or dizziness from low blood sugar.

### On the day of the Procedure

-  Continue drinking clear liquids until three (3) hours before your procedure. **VERY IMPORTANT: Three (3) hours prior to procedure, nothing by mouth including gum, water, mints, and lozenges.** Please do not have anything by mouth, even water within that three (3) hour period prior to the procedure. Doing so may cause a cancellation of your procedure.

### After the Procedure

Please arrange transportation – you CANNOT drive. It is very important that you have someone you trust to receive your discharge instructions. Alcohol and sedatives should be avoided for 24 hours after the procedure. If you have biopsies or polyps removed, avoid products containing aspirin and blood thinners for 7 days after the procedure to decrease the risk of bleeding.