

Colonoscopy Preparation for a Procedure after 12 NOON.

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 consume a light, low fiber diet until noon. 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 Jell-O, popsicles, and sports drinks that are red or blue in color. Avoid drinking alcohol.


After 12pm (Noon) One Day Prior to the Procedure

NO SOLID FOODS –

CLEAR LIQUIDS ONLY

-  **At approximately 2 pm, 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.
-  **Mix solution** by adding lukewarm water to top of line of bottle. Add one flavor packet to the gallon. (You may add the flavor packet; however we recommend you flavor each cup with a non-red Crystal Light). Cap bottle and shake to dissolve the powder. The reconstituted solution will be clear and colorless. **Refrigerate the solution** – it will taste better when it is cold. Use within 48 hours.
-  **Between 5 pm and 6 pm, start drinking the prep solution.** Drink 8 ounces every 10 -15 minutes, about ½ the gallon of solution over the next 2 – 3 hours. A straw may help you drink more, faster. 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.

The Morning of the Procedure

-  **At 6am, the morning of the procedure,** resume drinking the solution until your stool is CLEAR YELLOW, like urine. Drink a minimum of 2 glasses (16 oz) or until your stool is clear yellow. 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.