

PREPARATION FOR COLONOSCOPY

5 TO 7 DAYS PRIOR TO THE COLONOSCOPY:

Please stop all aspirin, arthritis medicine, and blood thinning products. (Example: Coumadin, Persantine, or Dipyridamole). Stop all iron and Vitamin E also. You may use Tylenol as needed.

2 DAYS PRIOR TO THE COLONOSCOPY:

Avoid high fiber foods such as: corn, peas, lettuce, celery, carrots, spinach, all beans, high-fiber cereals, or fresh fruit. Stop any Metamucil products.

DAY BEFORE THE EXAMINATION

1. Stop all diuretic drugs.
2. DRINK ONLY "clear liquids" for breakfast, lunch, and dinner. No solid foods. You must drink 3 – 4 quarts of clear liquids the day before the exam. This is equal to 12–16 glasses. **DO NOT DRINK LIQUIDS COLORED RED OR PURPLE.**

"CLEAR LIQUIDS" INCLUDE:

- Strained fruit juices without pulp (apple, white grape, and lemonade...)
 - Water.
 - Clear broth or bouillon.
 - Coffee or tea (without milk or non-dairy creamer)
 - Must have Gatorade, Allsport, or a sports drink that includes minerals for Potassium loss. We suggest at least 1 quart of Gatorade or sports drink.
 - Carbonated and non-carbonated soft drinks.
 - Kool-Ade or Crystal Light
 - Plain Jell-O (without added fruits or toppings) lime, lemon, pineapple, peach, apricot. (For sugar and protein)
 - Ice Popsicles
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3. 2:00 – 4:00 PM
 - Chew six (6) Mylanta Gas tablets.
 - Add 1 ½ fl oz (3 tablespoonfuls) Fleet Phospho-soda to ½ glass (4 fl oz) of cool water, apple juice, or lemonade and drink.
 - Follow with one full glass (8 fl oz) of approved "clear liquid"
 4. Drink three (3) more 8 fl oz portions of "clear liquid" in the next three hours.
 5. Repeat steps #3 and 4 at 6-8 PM
 6. 9 PM Dulcolax, 2 tablets.

**IT IS VERY IMPORTANT TO DRINK CLEAR LIQUIDS AS
PRESCRIBED TO PREVENT DEYHDRATION AND WEAKNESS.**

NO LIQUIDS AFTER MIDNIGHT EXCEPT AS BELOW:

DAY OF EXAMINATION

Take critical heart, blood pressure, or respiratory medications with a small sip of water.
Nothing else to eat or drink until exam is completed.

SPECIAL INSTRUCTIONS (if applicable):

RESPIRATORY CONDITIONS: **BRING INHALERS WITH YOU**

COUMADIN _____

DIABETIC MEDS _____

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PHARMACY SHOPPING LIST

- () 3 oz Fleets Phospho-Soda laxative drinking solution, try lemon/ginger
- () 12 Mylanta Gas tablets
- () Vaseline or soothing ointment – apply to prevent rectal irritation
- () 2 Dulcolax tablets

AFTER THE COLONOSCOPY:

Someone must be available to drive you home from the procedure. Your reflexes will be slowed by the medication given during the procedure. You will be unable to drive for 24 hours after the colonoscopy.

If pathology is done, we will call you with the results in approximately 36 to 48 hours. The pathologist performing the test provides billing for this service, not our office.

PLEASE CALL THE OFFICE AND ASK FOR A NURSE IF YOU HAVE ANY QUESTIONS. IF A NURSE IS NOT AVAILABLE, PLEASE LEAVE YOUR NAME AND NUMBER AND ONE WILL RETURN YOUR CALL.

YOUR PROCEDURE IS SCHEDULED AT:

Doctor's Hospital

DATE OF PROCEDURE: _____

Bayview Endoscopy Center

ARRIVAL TIME: _____