

## *Colonoscopy Preparation Instructions*

Check In Date and Time: \_\_\_\_\_

Procedure Time: \_\_\_\_\_

**Note:** The success of your colonoscopy depends on a clean colon. Any remaining stool can hide lesions and can result in the need to repeat the procedure

### **7 days before the procedure**

- Make arrangements for a responsible adult to accompany you to your colonoscopy appointment
- Stop all iron and herbal supplements

### **For patients taking blood thinners (plavix, coumadin, lovenox, heparin, or other anticoagulants)**

- Do **not** assume that you can safely stop the medicine without consulting your physician
- Contact the physician who ordered your medicine, or your cardiologist, to ask how best to take the medicine before and after your procedure
- To minimize risks of bleeding, we prefer that you stop blood thinners 7 days prior to the procedure
- You may continue taking a single aspirin a day

### **Diabetic patient**

- If you have diabetes, you will need to contact your physician about how to adjust your dose of medication and/or insulin especially the day before the procedure and the day of your procedure. Inform your doctor that you will be on a clear liquid diet the day prior to your procedure

### **1 day before the procedure**

- Begin a **clear liquid diet (NO SOLID FOOD)**. As a rule, if you can see through it, you can drink it. Avoid anything red or purple. Acceptable examples include:
  - ✓ Clear sports drinks, Gatorade, Powerade ( no red or purple)
  - ✓ Clear soup, broth or bouillon
  - ✓ Clear fruits juices, white grape/ apple juice
  - ✓ Popsicles ( no red or purple)
  - ✓ Water
  - ✓ Tea or coffee without cream
  - ✓ Kool Aid ( no red or purple)
  - ✓ Hard candies
  - ✓ Jell-O (no red or purple)
  - ✓ Soda pop, 7-Up, Sprite, Sierra Mist, Ginger Ale (no red or purple)
  - ✓ If you are a diabetic, please check your blood sugar frequently while on clear liquid diet
- **Beginning at 6:00pm, follow the bowel prep instructions for *Day before Procedure***

## **Day of your colonoscopy**

- **NO SOLID FOOD AND NO ALCOHOL**

- Please take blood pressure, heart, asthma, or anti-seizure medications as scheduled the morning of the procedure with sips of clear liquid. You may use your asthma inhaler the morning of the procedure.
- If you are diabetic, hold your morning diabetic oral medications. Follow the instruction from your physician regarding insulin. Check your blood sugar prior to coming for the procedure.
- **Beginning 5 hours before your scheduled procedure time, follow the bowel prep instructions for *Day of Procedure***
  - The correct timing of this 2<sup>nd</sup> dose is essential to effectively clean your colon
  - Must finish drinking the final glass of clear liquid at least 3 hours before scheduled procedure time.
- Plan to arrive at the GI Lab **1 hour** before your scheduled procedure time. Go directly to the outpatient check-in desk for financial clearance. Bring insurance cards and picture ID. You will receive 2 bills for these services: one from the hospital and one from the GI physician. Be prepared to pay any copays or deductibles at the time of procedure.
- You will be sedated for the procedure. **You are NOT permitted to drive** until the next day after the procedure. You must make arrangements for your transportation home. Your driver must remain at the hospital throughout our entire appointment time. Plan to be at the hospital for at least 2-3 hours.

### **For GoLYTELY or NuLYTELY bowel prep**

#### **Day before Procedure – starting at 6:00pm**

- Mix powder according to directions into container. (Can be done ahead of time & placed in refrigerator)
- For optimal results, add 30mL of simethicone (available without a prescription at any pharmacy)
- Use a marker to place a mark half (½) way from the bottom of the container.
- Drink 8oz. every 10-15 minutes until ½ of container is consumed
- If you develop nausea, wait 20-30 minutes and resume drinking the bowel prep solution
- Place remainder of solution in refrigerator
- May continue drinking clear liquids throughout the evening and overnight

#### **Day of Procedure – Starting 5 hours before scheduled procedure time**

- Drink 8 oz. every 10-15 minutes of the remaining half (½) of the bowel prep solution

### **For Prepopak bowel prep**

#### **Day before Procedure – Starting at 6:00pm**

- 1) Fill disposable cup with 5oz (approx.) of water (lower line).
  - 2) Add contents of packet 1 and mix
  - 3) Drink ALL the liquid in the cup
  - 4) MUST drink five (5) more 8oz. (upper line) cups of water or clear liquid of choice over the next 5 hours.
- May continue drinking clear liquids through the evening & overnight

#### **Day of Procedure – Starting 5 hours before scheduled procedure time**

- Repeat steps 1-3 above using packet 2
- MUST drink 3 more 8oz. (upper line) cups of clear liquid

### **For MoviPrep bowel prep**

#### **Day before Procedure – Starting at 6:00pm**

- 1) Empty 1 Pouch A and 1 Pouch B into the disposable container.
  - 2) Add 32oz. (approx.) of water to the top line of container and mix.
  - 3) Drink 8oz every 10-15 minutes until the full liter is consumed
  - 4) MUST drink additional 16 oz. of clear liquid (of choice)
- May continue drinking clear liquids through the evening & overnight

#### **Day of Procedure – Starting 5 hours before scheduled procedure time**

- Repeat steps 1-4 above using the other Pouch A and Pouch B

### **For Suprep bowel prep**

#### **Day before Procedure – Starting at 6:00pm**

- 1) Pour one (1) 6 oz. bottle of Suprep into the disposable container.
  - 2) Add 16 oz. of water to the line located on the container and mix.
  - 3) Drink ALL the liquid in the container
  - 4) MUST drink two (2) more 16oz. containers of water or clear liquid of choice over the next 1-2 hours.
- May continue drinking clear liquids through the evening & overnight

#### **Day of Procedure – Starting 5 hours before scheduled procedure time**

- Repeat steps 1-4 above using the other 6oz. bottle.

*We understand that unplanned issues can come up and you may need to cancel an appointment. If that happens, we respectfully ask for appointments to be cancelled at least 48 hours in advance. Our physicians & staff want to be available for your needs and the needs of all our patients. When a patient does not show up for a scheduled appointment, another patient loses an opportunity to be seen. Please call (909) 558-4668, option 2, to reschedule or cancel an appointment. We, the GI Lab staff and physicians at Loma Linda University Medical Center, wish to thank you for choosing us for your health needs.*