

COLONOSCOPY PREPARATION INSTRUCTIONS

DO inform your doctor if you have a pacemaker, internal defibrillator, latex allergy, or artificial heart valve.

DO inform your doctor if you are diabetic.

- Insulin dose: Your regular dose the day before and the morning of the procedure.
- Oral glucose pill: Do not take this the morning of the procedure.

DO ingest only a clear liquid diet for breakfast and lunch the day before your procedure.

DO the colonoscopy bowel cleansing prep as prescribed.

DO take your heart and BP medicines in the morning with sips of water only (take 2 hours before leaving for the procedure).

DO have a driver to take you home (**A MUST**: no taxi or walking home).

DO have an adult member with you for the rest of the day and evening after the procedure.

DON'T eat or drink anything after midnight before this procedure.

DON'T take aspirin, arthritis medicines, and any ibuprofen type medicines one week before this procedure. (Plain Tylenol/Acetaminophen is OK)

DON'T take Coumadin for _____ days before this procedure. *

Stop Coumadin on this date _____.

* This will be determined at the time of your visit.

You will be called 10 to 14 days after your procedure to discuss any biopsy results and any further follow-up.

COLONOSCOPY: FLEET PHOSPHO-SODA LAXATIVE PREP

Purchase at your local pharmacy over the counter (3 oz. bottle).

AM SCHEDULED COLONOSCOPY

The day before the procedure:

- Clear liquids for breakfast and lunch.
- At 5 pm mix 1.5 oz. (1/2 of the bottle) of Fleet Phospho-Soda in 4 oz. (1/2 glass) of water and drink it.
- Follow this with four 8 oz. glasses of water over the next 2 hours.
- At 8 pm mix the remaining 1.5 oz. of Fleet Phospho-Soda in 4 oz. (1/2 glass) of water and drink it.
- Follow this with four 8 oz. glasses of water over the next 2 hours.
- Nothing to eat or drink until after your procedure the next morning.

PM SCHEDULED COLONOSCOPY

The day before the procedure:

- Clear liquids for breakfast and lunch.
- At 5 pm mix 1.5 oz. (1/2 of the bottle) of Fleet Phospho-Soda in 4 oz. (1/2 glass) of water and drink it.
- Follow this with four 8 oz. glasses of water over the next 2 hours.

- You may continue to drink water up until bedtime but then nothing by mouth until your procedure has been completed the next day.

Clear Liquid Diet

- Strained fruit juices (without pulp), apple, white grape, and cranberry.
- Water.
- Coffee or tea without milk or non-dairy creamer.

All of the following are allowed: Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid, Jell-O (avoid red jello), and popsicles.