

## 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.

### **The day of the procedure:**

- At 5 am 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 must complete this entire prep 4 hours prior to your scheduled procedure. Nothing to eat or drink 4 hours before the start of your colonoscopy.

### **Clear Liquid Diet**

- Strained fruit juices (without pulp), apple, or white grape.
- Water.
- Clear broth, bouillon (chicken or beef).
- Coffee or tea without milk or non-dairy creamer.
- All of the following are allowed: Gatorade, carbonated and non-carbonated soft drinks, Jell-O, and Popsicles. (Avoid anything red in color)

### **COLONOSCOPY: BOWEL CLEANSING PREP**

#### **The day before the procedure:**

- Clear liquids for breakfast and lunch.
- At 4 pm, begin drinking one full (8 oz.) glass of the bowel prep (Nu-Lyte, Co-Lyte) every 15 minutes.
- **Finish** the entire gallon. You may become bloated or feel some nausea, slow down your intake until these feelings subside and then continue drinking until finished.

- 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, or white grape.
- Water.
- Coffee or tea without milk or non-dairy creamer.

All of the following are allowed: Gatorade, carbonated and non-carbonated soft drinks, Jell-O, and popsicles. (Avoid anything red in color)