

## Instructions for Colonoscopy Preparation (Morning Exam)

### A WEEK PRIOR TO PROCEDURE:

Discontinue Aspirin and Aspirin containing products, Aggrenox (aspirin/dipyridamole), Advil and Vitamin E for 7 days prior to your scheduled procedure. Stop naproxen (Aleve), celecoxib (Celebrex), ibuprofen (Motrin), valdecoxib (Bextra) or other arthritis medications for 3 days prior to your procedure. Tylenol (acetaminophen) is permitted.

If you are on any sort of blood clotting medication, your primary care physician or your cardiologist should approve you stopping the medicine. The following are the drugs that will require some individualized instructions: Please stop COUMADIN (Warfarin) 4 days prior to your procedure, PLAVIX (Clopidogrel) 7 days prior to your procedure. Contact the physician that prescribes this medication for you for their approval before you stop. Please ask for special instructions if you take Pletal (cilostazol), Ticlid (ticlopidine), Pradaxa (Dabigatran etexilate) or any other medication that affects blood clotting.

Please stop IRON supplements (Ferrous Sulfate) 7 days before your procedure.

**Avoid seeds, nuts, corn, popcorn for three days prior to procedure,**

### YOU WILL NEED TO PURCHASE:

1. 4 DULCOLAX (Bisacodyl Generic) LAXATIVE TABLETS (Available over the counter)
2. 238g total of Miralax Powder (Available over the counter)
- 3 Two 32 ounces bottles of GATORADE (NO RED, BLUE OR PURPLE)
4. Diaper Rash Cream, Desitin or Calmoseptine-optional

### DAY BEFORE THE COLONOSCOPY

**CLEAR LIQUIDS ALLOWED (NO SOLID FOODS):** Water, Black coffee, tea (no creamers, sugar OK), soft drinks, grape/apple juice, cranberry juice, Soda, Gatorade, popsicles, Strained fruit juices without pulp (apple, white grape juice, white cranberry juice), plain Jell-O (No red), popsicles (no red), beef or chicken bouillon (no broth), Tang/Kool-Aid and hard candy. **(NO ALCOHOL): \*Do not drink any liquid that is RED\***

**LIQUIDS NOT ALLOWED:** Do not drink anything red. Do not drink orange juice, tomato juice and milk or dairy products.

Continue taking all your regular medications except those instructed above.

1. Beginning at 7 AM the day before your colonoscopy you may only drink CLEAR liquids, with absolutely no solid food or Alcohol.

2. TAKE 4 BOWEL PREP TABLETS at 3 PM (If possible, we recommend taking 2 tabs at 10am and 2 tabs at 3pm). Take all four bowel prep tablets with water. Do not chew or crush the tablets. Do not take the bowel prep tablets within one hour of taking an antacid

3. MIX SOLUTION. Mix the bowel prep powder with Gatorade in an empty container and keep it in the refrigerator if desired. Use it within 48 hours.

4. DRINK PREP-in TWO (divided) doses: Drink first dose AT 6PM, ½ of PREP (1 BOTTLE) IN THE EVENING. Drink 1 (8oz) glass every 15 minutes over a one hour period. Drink each glass quickly rather than drinking small amounts continuously. Continue to drink clear liquids the remainder of the evening.

Consider applying Desitin or Calmoseptine to your perianal area to minimize irritation and discomfort during the bowel prep

### **ON THE DAY OF COLONOSCOPY:**

1. DRINK THE SECOND ½ OF THE PREP (OTHER BOTTLE) BEFORE 6AM OR 6 HOURS BEFORE THE SCHEDULED PROCEDURE.

2. STARTING SIX HOURS BEFORE YOUR COLONOSCOPY STOP ALL FLUIDS! TAKE NOTHING TO EAT OR DRINK.

Helpful Hints: Diabetics use Powerade Zero and chilling the solution may taste better but may cause you to feel uncomfortably cold. So dress warmly, use socks, and you may add hot drinks (tea, bouillon).

You can take your blood pressure and heart medications with a sip of water, 6 hours prior to the colonoscopy.

If you are DIABETIC, do not take your oral diabetes medications the day of your procedure. Bring them with you so that you can take them after your procedure.

If you are DIABETIC and you take INSULIN, take half of your evening dose the day before your procedure. DO NOT TAKE ANY INSULIN THE MORNING OF YOUR PROCEDURE.

Call if you have questions regarding any of these instructions.

Report to the hospital one hour prior to the procedure. Ask the front desk for directions to the preoperative holding area.

Bring a list of your current medications (including dosages), a picture ID and insurance card with you.

**BRING SOMEONE TO DRIVE YOU HOME AFTER THE PROCEDURE. YOU MAY NOT DRIVE YOURSELF OR TAKE A TAXI. (Your total time at the hospital should be approximately around 3-4 hours)**