

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

DAY 1 = ONE DAY PRIOR TO 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.

1. Beginning at 10 AM AM the day before your surgery you may only drink clear liquids, with absolutely no solid food or Alcohol.

2. TAKE 4 BOWEL PREP TABLETS at 3 PM with a glass of water (If possible, we recommend taking 2 tabs at 10am and 2 tabs at 3pm). 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 and chill it if desired. Use it within 48 hours.

4. DRINK PREP-in TWO (divided) doses:

a. Drink first dose AT 6PM, ½ of PREP (1 BOTTLE) IN THE EVENING

b. 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

DAY TWO = DAY OF COLONOSCOPY

1. DRINK THE SECOND ½ OF THE PREP (OTHER BOTTLE) BY 6AM

2. STARTING SIX HOURS BEFORE YOUR COLONOSCOPY EXAM STOP ALL FLUIDS! TAKE NOTHING (NO FOOD OR DRINK) BY MOUTH

Helpful Hints:

1. Diabetics use Powerade Zero.
2. 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).
3. You will have consumed several glassfuls before having the first bowel movement and this may make you slightly bloated. You may experience nausea, abdominal fullness and bloating. If this occurs, stop drinking temporarily or drink each portion at longer intervals until these symptoms disappear.

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)