

# Colonoscopy 2 Day Prep Instructions

## ***PLEASE READ ALL INSTRUCTIONS CAREFULLY!***

You have been scheduled for a procedure to inspect your large intestine. There are steps that you, the patient, must take before the procedure to ensure the highest level of safety and effectiveness. The large intestine, or colon, normally has debris throughout and requires cleansing prior to this examination. By the end of this prep, you should be moving your bowels so that only clear- yellow to light yellow liquid is passing. If your colon is not properly cleansed, this examination may miss important findings. If the preparation is not good, you may be required to repeat the preparation and undergo the procedure again.

**Medications:** Unless otherwise instructed, take all of your medications as usual while preparing for the test. *If you take heart or blood pressure medicine, prednisone or equivalent, take it the morning of the exam with small amount of water. If you take Insulin please check with the prescribing Doctor for dose adjustments or special instructions.*

### **Ten Days Before Your Exam:**

- STOP taking Phentermine or other weight loss equivalents.

### **Five Days Before Your Exam:**

- STOP taking Aspirin, Ibuprofen, Plavix, Iron and Multivitamins containing iron.

### **Three Days Before Your Exam:**

- If you take **Coumadin or Warfarin**, do not take for three days prior to the exam or per your physician's specific instructions.
- Avoid seeds, nuts and raw fruits or vegetables. No corn or vegetables with skin or hulls.
- Increase your fluid intake.

### **Two Days Before Your Exam:**

- *Breakfast, Lunch, & Dinner:* You will be on **Clear Liquids** (as much as you want). Examples listed below.
- You will begin following your first prep as indicated on this day.

### **The Day Before Your Procedure:**

- *Breakfast, Lunch, & Dinner:* You will again be on **Clear Liquids**, exactly the same as the day before.
- You will need to follow the instructions for your 2<sup>nd</sup> prep on this day. You may have as much clear liquids as you desire up to six hours prior to check-in. **DO NOT** eat or drink anything 6 hours prior to your check-in time. **This includes NO mints, gum or hard candy.**

### **Day of Procedure:**

- **YOU CAN NOT DRIVE YOURSELF HOME.** Because you will be given sedation you will be unable to drive and must arrange for transportation home with a responsible adult who intends to accompany you into your home and remain with you for a reasonable period of time. You will not be allowed to take a cab or other transportation service. **If you do not have a driver your procedure will be canceled.**
- You should make arrangements to be off work the entire day of your procedure. You can return to work the following day.
- Please wear comfortable clothing.
- For monitoring purposes please keep right index finger free of nail polish or acrylic nail.
- If you wear dentures you will be asked to remove them for your procedure, please **do not** secure your dentures with adhesives.

### **Clear Liquid Diet Consists Of:**

- Water, white grape/apple juice, plain bouillon, tea, coffee (no creamer)
- Plain Jell-O (no fruit, toppings or other additives), popsicles, soft drinks (prefer sugar free), Gatorade/Pedialyte
- **Avoid** red or purple colored products
- **NO** solid foods, milk products or Alcohol
- Your body loses significant amounts of fluid during bowel preparation. In order to prevent dehydration, it is important to supplement that fluid loss with clear liquids.

**Please make a conscious effort to increase your fluid intake.**