

Colonoscopy Preparation for a Procedure after 12 NOON.

Failure to follow these instructions may result in cancellation of your procedure.

1 Week Prior to the Procedure

- **Stop** Aspirin for ____ days.
 - Stop Ticlid, Plavix, Coumadin, Aggrenox for ____ days.
 - Stop Pepto-Bismol, iron supplements or fish oil supplements. Multivitamins are OK.
 - Avoid nuts, seeds, popcorn and fiber supplements for 3 days.
 - Inform your doctor if you have a pacemaker, internal defibrillator, or artificial heart valve.
 - If you are diabetic, please refer to the separate instructions for adjustments to your medication.
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1 Day Prior to the Procedure

Take all of your normal medications except for Ibuprofen (Advil, Motrin), Aleve. Tylenol is OK. You may consume a light, low fiber diet until noon. For the rest of the day you may have **ONLY CLEAR LIQUIDS** such as:

- Black coffee or tea (sugar is okay)
- Soda (clear or cola is okay)
- Sports drinks – Gatorade, Pedialyte
- Popsicles or Jell-O (not red or blue)
- Bouillon/broth
- Apple, grape or cranberry juice
- Hard candy such as Lifesavers
- Water

Please avoid jello and sports drinks that are red or blue in color. Avoid drinking alcohol.



AND



- **At approximately 2 pm**, take 2 Bisacodyl (Dulcolax) tablets with water (included in your prescription kit). If you tend to be constipated, take 2 more. Do not crush or chew tablets. Do not take within 1 hour of antacids.
- **Mix** solution by adding lukewarm water to top of line of bottle. Add one flavor packet to the gallon. (You may add the flavor packet; however we recommend you flavor each cup with a non-red Crystal Light™). Cap bottle and shake to dissolve the powder. The reconstituted solution will be clear and colorless. Refrigerate the solution – it will taste better when it is cold. Use within 48 hours.
- **3 – 4 hours after** taking the Dulcolax, start drinking about $\frac{1}{2}$ **the gallon** of solution, 8 ounces every 10 -15 minutes.

Then at 6 am on the morning of the Procedure:

- **Resume drinking the solution until your stool is CLEAR YELLOW, like urine.** Drink at least 16 oz or until clear.
 - Remember to continue drinking additional clear fluids to prevent dehydration from the diarrhea.
 - If you become full or nauseated, stop for 30 minutes then resume drinking. Continue drinking clear liquids until four (4) hours before your procedure. Please do not have anything, even water within that 4 hour period prior to the procedure. However, you may take your regular medications with a sip of water.
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After the Procedure

Please arrange transportation – you CANNOT drive. It is very important that you have someone you trust to receive your discharge instructions. Alcohol and sedatives should be avoided for 24 hours after the procedure. If you have biopsies or polyps removed, you will need to avoid products containing aspirin and blood thinners for 7 days after the procedure to decrease the risk of bleeding.