

Preparation for Colonoscopy: General instructions

Patient Name: _____

Date of Colonoscopy: _____

Laxative medication: _____

WARNING: It is very important to follow the instructions exactly. Failure to do so may lead to the colon not being well cleaned out. If the colon is not well cleaned, the procedure might need to be repeated at a later date.

One week prior to colonoscopy

- Read all of these written instructions.
- Transportation
 - You will be receiving sedatives for this procedure. For 24 hours after the procedure, you should not drive, work, or engage in any dangerous activities or actions that require judgment such as signing legal papers. You will need to arrange for someone to drive you home after the procedure.
 - Failure to arrange a ride home will result in cancellation of your procedure.
- Medications
 - Please make sure our office has a complete list of all medications you use including prescription medications, over the counter medications, vitamins, and herbal medications.
 - If you are taking blood thinning agents [Lovenox (enoxaparin), heparin, Coumadin (warfarin), Plavix (clopidogrel), Ticlid (ticlopidine), Aggrenox], please contact our office for special instructions.
 - If you are diabetic, please contact your primary healthcare provider for instructions on how to take your diabetes medications around the time of the procedure to prevent low sugar episodes.
 - You may take your morning medications on the day of the colonoscopy, including blood pressure medications, with a small amount of water.

Two days before Colonoscopy

- Make sure you have obtained your laxative from the pharmacy.
- Make sure you have the instructions from our office on how to take your specific laxative. If you do not have the prescription and the instructions for the laxative, call our office to get them right away.
- Follow only the printed instructions from our office for taking the laxative.
 - Do not follow the instructions printed on the box the laxative comes in.
 - Do not use instructions for the laxative provided by the pharmacy or other sources.

- Reread all written instructions to review what you will need to do tomorrow. Be aware that you will need to be on a clear liquid diet for the entire day before the colonoscopy (this includes all meals and snacks starting as soon as you wake up).

One day before the Colonoscopy

- Reread all written instructions first thing in the morning.
- **CLEAR LIQUID DIET: THE CLEAR LIQUID DIET STARTS AS SOON AS YOU WAKE UP IN THE MORNING THE DAY BEFORE THE COLNOSCOPY AND INCLUDES ALL MEALS AND SNACKS FOR THE ENTIRE DAY.**
 - You may not eat any solid foods of any kind and the only liquids you may take are clear liquids: water, coffee and tea (but no dairy or nondairy creamers), strained fruit juices that do not have pulp (apple, white grape, cranberry), carbonated soda, clear broth. You may have jello and popsicles provided that they are not red or purple in color. You may have clear hard candy.
 - **DIABETICS:** please follow your normal dietary restrictions as they pertain to the liquids mentioned above and other clear liquids. Crystal Light is a good sugar free option for diabetic patients. Check your blood sugar every 2-3 hours, as you may need to take some sugar if the diet for the procedure makes your blood sugar low.
- Take your laxative medication as directed in the written instructions from our office only. Do not use instructions from the pharmacy, instructions included in the box with the laxative medication, or instructions from the Internet. If you do not have specific instructions from our office on how to take your laxative, please contact us to get it.
 - What to expect: There will be a large amount of watery diarrhea. This is the desired effect. There is often cramping and bloating.
 - It is critical that you take all of the medication as ordered. Even if the diarrhea appears clear and watery, you still must finish all of the medication.
 - Some patients have difficulty with the taste of the medication. If you drink it with a straw over the tongue, you may taste it less.
- Take plenty of liquids all day. This will help prevent dehydration and low blood pressure when you come for the procedure.
- Take nothing by mouth after midnight unless you are given special instructions to take part of your laxative medication in the middle of the night or the early morning.
- Pay close attention to the scheduled arrival time and arrive on time. Though late arrival can result in cancellation of your procedure, please call us right away if you think you will be late.
- If you have any problems please call right away. We are available after hours and are here to help you through this procedure. Office number 602-266-5678.