

GENERAL INFORMATION ABOUT YOUR PROCEDURE AT GREEN SPRING STATION ENDOSCOPY

Your physician has given you specific instructions for your bowel prep and you must follow the instructions.

- Arrive 45 minutes before your procedure time. That allows the staff to get you registered in the system and get you ready for the procedure. The nurse will bring you back, have you change into a patient gown, ask many questions and start an IV to give you some hydration and ask many questions. You will not be getting any sedation in the prep area, just fluid since you may be dehydrated from the prep.
- **You MUST have a responsible adult drive you home.** You are not allowed to drive after receiving sedation for safety reasons. Your judgement and memory are impaired. **If you do not have a driver, your procedure will be cancelled.**
- If you are unable to have someone drive you, we have a list of approved sedan services that will pick you up and escort you into your house after the procedure. Please contact your doctor's office or Green Spring Station Endoscopy for a list.
- Uber, Lyft and taxis are not acceptable forms of transportation unless you have someone with you.

The following is general information to help you to get the best results with your prep in order to clean your colon out properly.

DIET

Your doctor has given you instructions on food and drink but here are some general rules

- A low fiber diet is recommended 5-7 days prior to your procedure.
- Avoid seeds and grains. They tend to coat your colon and can interfere with getting a good examination.
- You may not have solid food the day before your procedure and until after your test is done.
- You can consume clear liquids up to 4 hours before your scheduled time. We encourage you to keep hydrated the day of prepping. It will help you feel better and it helps with cleansing the colon.
- Stop taking anything by mouth **4 HOURS BEFORE YOUR PROCEDURE** with the exception of your medications. Your procedure will be cancelled if you drink. Some instructions for example, Suprep, state you can drink 2 hours prior to the procedure but that is not our standard. **FOUR HOURS is the cut off for anything by mouth** with the exception of your medications.
- Please no red, purple or blue colored fluid. This can look like blood during your colonoscopy.

CLEAR LIQUIDS- NO RED, PURPLE OR BLUE

Water	Gatorade/sports drinks NO RED, PURPLE OR BLUE
Fruit juices without pulp-NO RED, PURPLE OR BLUE	Popsicles NO RED, PURPLE OR BLUE
Broth	Italian ices NO RED, PURPLE OR BLUE
Bouillon consommé	Tea-sugar is okay NO CREAM OR MILK
Clear sodas	Coffee- sugar is okay NO CREAM or MILK
Gelatin NO RED, PURPLE OR BLUE	Hard candies

Rule of thumb...if you can see through it, you can drink it. Please avoid alcohol.

AVOID THE FOLLOWING LIQUIDS

Dairy products- milk, creamer	Cream soups, soups with noodles or filing
Yogurt	Cream of Wheat
Milkshakes	Oatmeal
Smoothies	Alcohol

MEDICATIONS

YOUR DOCTOR WILL LET YOU KNOW IF AND HOW LONG YOU MUST HOLD CERTAIN MEDICATIONS BEFORE YOUR PROCEDURE

- Please contact your doctor if you are on any of these medications and have not discussed holding the medication before your procedure.

The following are certain medications that may be held before your procedure.

ANTI-COAGULATION (BLOOD THINNER) MEDICATION

- Coumadin
- Heparin
- Lovenox
- Xarelto
- Eliquis
- Arixtra
- Proafaxa
- Savaysa

ANTI-PLATELET MEDICATIONS

- Aspirin
- NSAIDS- Ibuprofen, Advil, Motrin, Naprosyn, Naproxen, Aleve. Meloxicam
- Plavix
- Effient
- Brilinta
- Persantine
- Ticlid
- Pletal

One week prior to procedure stop taking:

- Phentermine
- Iron supplements
- Vitamin E
- Fiber supplements
- Fish Oil
- Recreational Drugs

The day of your procedure

Any medication you take the day of your procedure, needs to be at least 2 hours before your procedure and with a small amount of water

- Take Blood Pressure medications
- Take your acid reflux medication
- Steroids
- Seizure medications

Do not take your fluid pill until after your procedure.

No chewing gum or mints the day of your procedure

Diabetic patients

- Do not take your oral hypoglycemic pill (sugar pill) such as Metformin, Glyburide, Glipizide, etc. on the day of your procedure
- Do not take any regular (short acting) insulin on the day of your procedure
- If you take long acting insulin (NPH), you should take half of your prescribed dose on the day of your procedure unless otherwise instructed by your physician.

You must follow what your doctor has prescribed or instructed you to do.

FREQUENTLY ASKED QUESTIONS

How can I make the prep more tolerable?

- Chill the solution
- Drink it through a straw
- Suck on hard candy in between doses or drink warm fluids
- Depending on your prep, use 2 different flavors to mix your solution

What do I do if I get nauseated or vomit the prep?

- Slow down drinking it. Give yourself 45 minute breaks to allow the prep to empty from your stomach. Resume drinking but at a slower rate and through a straw.
- Walking aids your gut motility. Try walking around to help mobilize the prep as it moves through your system.
- It is very important to take your entire prep to ensure your colon is cleaned out even if you feel that you are clear.

What if I can't finish the prep and I start vomiting?

- If you can't complete the prep and start to vomit then you should contact your doctor for further instructions.

Do I need to take the prep if I am already having diarrhea?

- Yes. You must take the prep as directed.

Do I need to finish the entire prep if my stools are watery?

- Yes. Your body continues to produce 6-10 liters of fluid even without consuming solid food. This fluid is coating your colon with waste material making it more difficult for the doctor to adequately see your colon. By finishing the prep, it helps clean out the material and increases the quality of the prep.

How do I know my prep is adequate?

- The stool is watery consistency, clear yellow without any brown or solid mater.
- If it is not, increase your fluid intake.
- Finish the prep and if all else fails, call the doctor for further instructions.

What do I do if I have completed the prep and haven't gone to the bathroom yet?

- Bowel movements usually start within 2-3 hours after finishing the prep but everyone responds differently. Continue to drink clear liquids. If you still have not responded to your prep after 4-5 hours, then call your doctor for further instructions.

What do I do if my rectal area is irritated?

- Use Vaseline or diaper rash ointment. It is best to apply it before bowel movements begin and use as needed. Any barrier around your anus will decrease the irritation. Also use soft toilet paper and baby wipes.

What are some of the side effects of the bowel prep?

- You may have abdominal bloating and cramping. Nausea and vomiting may occur along with feeling weak. Remember to hydrate as much as possible. Drink fluids such as 8 ounces every hour throughout the day of your prep and up to 4 hours before your procedure. On a rare occasion, you may have an electrolyte imbalance or develop a cardiac arrhythmia such as an irregular heartbeat.

Why can't I have red or purple fluid with my prep?

- Those colors tend to linger in your colon. They could potentially look like blood in the colon too.

Why do I need a driver?

- You have received sedation and your judgement, memory, and reflexes maybe impaired. Your procedure will be cancelled if you do not have a driver.

Can I take an Uber, Lyft or taxi home?

- Not unless you have someone with you. Those modes of transportations do not provide the service of escorting you to your door. We have approved sedan services that will escort you to your door to make sure you get home safely after your procedure. The cost of the sedan services vary.

How will I feel after the procedure?

- You will be groggy due to the sedation. You may be bloated and feel cramps from the air trapped in your colon. You are encouraged to expel the air while in the recovery room.
- You may experience some cramps afterwards. If you do, walking, warm heat to the abdomen or warm bath/shower will help relax the muscles to expel the air. Moving side to side helps to expel trapped air in your colon.
- Another technique to help expel air, is to get on your hands and knees with your head down. The position change helps with moving the trapped air.
- Your stool may be loose which is related to the prep but should get better within 24-36 hours. If it continues after that time, you should call your doctor.
- On a rare occasion, you may feel nauseated afterwards. Maintain a bland diet and if it continues, please call your doctor.
- You may have a runny nose, stuffiness or sneezing after the procedure. It may be related to the oxygen that you receive during your procedure. It should clear in a few days but if it doesn't, you should call your doctor.

Where do I call if I have problems or questions about my prep?

- You should call your doctor even after business hours. There is an answering service that will contact the doctor about your call.

