

## **COLONOSCOPY PREPARATION INSTRUCTIONS**

**DO** inform your doctor if you have a pacemaker, internal defibrillator, latex allergy, or artificial heart valve.

**DO** inform your doctor if you are diabetic.

- **Insulin dose:** 1/2 your regular dose the day before and the morning of the procedure.
- **Oral diabetic pill:** Do not take this the morning of the procedure.

**DO** ingest only a clear liquid diet for breakfast and lunch the day before your procedure, along with your usual medications. You may continue to have clear liquids until you begin to drink your liquid bowel cleansing prep.

**DO** the colonoscopy bowel cleansing prep as prescribed.

**DO** take your usual medicines the morning of the procedure with sips of water only (take 2 hours before leaving for the procedure).

**DO** have a driver to take you home (a must ^ no taxi or walking home).

**DO** have an adult member with you for the rest of the day and evening after the procedure.

**DON'T** eat or drink anything after midnight before this procedure.

**DON'T** take Coumadin for \_\_\_\_\_ days before this procedure. \*  
Stop Coumadin on this date \_\_\_\_\_.\*

**DON'T** take Plavix for 5 days before this procedure.

**DON'T** take Lovenox the day of this procedure. (Last dose no later than 8pm the day before the procedure.)

\* This will be determined at the time of your visit.

**DO** call your insurance company for the "outpatient" surgical co-pay amount that is paid on the day of your procedure.

You will be called 10 to 14 days after your procedure to discuss any biopsy results and any further follow-up.

## **COLONOSCOPY: ONE GALLON BOWEL CLEANSING PREPARATION**

### **AM SCHEDULED COLONOSCOPY**

#### **The day before the procedure:**

- Clear liquids for breakfast and lunch. (See Below) You may continue to have clear liquids until you begin your liquid bowel.

- Cleansing prep at 4 pm, consume at least 32 oz of clear liquids prior to 4 pm.
- At 4 pm, begin drinking one full (8 oz.) glass of the bowel prep (NuLytely, Co-Lyte) every 15-20 minutes, or with greater intervals if nausea or significant abdominal fullness develops.
- **Finish the entire gallon.** You may become bloated or feel some nausea, slow down your intake until these feelings subside and then continue drinking until finished.
- You may continue to drink water up until bedtime but then nothing by mouth until your procedure has been completed the next day. Follow the colonoscopy preparation instructions do's and don'ts in regards to your routine medications.

## **PM SCHEDULED COLONOSCOPY**

### **The day before the procedure:**

- Full liquids for breakfast and lunch . (See Below) Consume at least 32 oz of clear liquids also prior to 6 pm.
- Clear liquids for the evening meal, no later than 6 pm.
- At 7 pm, begin drinking one full (8 oz.) glass of the bowel prep (NuLytely, Co-Lyte) every 15-20 minutes, or with greater intervals if nausea or significant abdominal fullness develops.
- **Finish one half of the gallon.**
- You may continue to drink water after starting the bowel prep but no food. Follow the colonoscopy preparation instructions do's and don'ts in regards to your routine medications.

### **The day of the procedure:**

- In AM, begin drinking one full (8 oz.) glass of the bowel prep (NuLytely, Co-Lyte) every 15 - 20 minutes until the **remaining one half gallon is finished. You must complete drinking the remainder of the bowel prep at least 4 (four) hours before your colonoscopy procedure scheduled time,** (For example: If your procedure is scheduled for 2 pm, you must finish drinking your second half gallon by 10 am.)
- You may continue to drink water after starting the bowel prep but no food. You must have nothing by mouth 4(four) hours prior to your scheduled procedure time. Follow the colonoscopy preparation instructions do's and don'ts in regards to your routine medications.

### **Clear Liquid Diet**

- Strained fruit juices (without pulp), apple, white grape, and cranberry.
- Water.
- Clear broth, bouillon (chicken or beef).
- Coffee or tea without milk or non-dairy creamer.
- All of the following are allowed: Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid, Jell-O (Avoid red and purple Jell-o), and popsicles.

### **Full Liquid Diet**

- Pudding
- Milk

- Vanilla ice cream
- Milk shakes
- Creamed soups without chunks of meat or vegetables.
- Yogurt without chunks of fruit.

**Tips:**

- In order to better tolerate the prep, you may suck on a hard piece of candy, like a lemon drop, between each glass full of the prep. You may not add anything into the drink itself, however.
- Walking around the house while taking the prep may help decrease the bloating of your abdomen.
- If you feel very bloated, stop the drinking for 30 - 60 minutes, but you must resume drinking when the bloating is gone.
- You may want to use Vaseline around your anal area to lessen irritation which may be the result of the prep induced diarrhea.

**COLONOSCOPY: HALFLYTELY BOWEL CLEANSING PREPARATION**

**The day before the procedure:**

1. Clear liquids for breakfast and lunch. Hydrate yourself well with the clear liquids before step two. You may continue to have clear liquids until you begin the bowel cleansing prep at 6 pm (step #4). Consume at least 32 oz. of clear liquids prior to 6 pm.
2. At 12 noon swallow the 2 bisacodyl tablets with 8 oz. water. You should continue to hydrate yourself well with clear liquids until you begin the bowel cleansing prep at 6 pm (step #4). **No antacids should be taken within 1 hour of taking these tablets.** Bowel movements may begin in approximately 1 hour.
3. Mix the solution of **Halflytely** per instructions on bottle.
4. At 6 pm or after, begin drinking one full (8 oz.) glass of the bowel prep (Halflytely) every 10 to 15 minutes. Acceptable to begin prep later in day but allow 6 hours between doses of pills and solution.
5. **Finish the entire container of bowel prep. You may become bloated or feel some nausea, slow down your intake until these feelings subside and then continue drinking until finished. A watery bowel movement usually will begin in approximately 1 hour, but may take longer.**
6. **You must complete all steps.**
7. You may continue to drink water up until midnight but then nothing by mouth until your procedure has been completed the next day.

**Clear Liquid Diet**

- Strained fruit juices (without pulp), apple, white grape, and cranberry.
- Water.
- Clear broth, bouillon (chicken or beef).
- Coffee or tea without milk or non-dairy creamer.
- All of the following are allowed: Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid, Jell-O (Avoid red and purple Jell-o), and popsicles.

**Tips:**

- In order to better tolerate the prep, you may suck on a hard piece of candy, like a lemon drop, between each glass full of the prep. You may not add anything into the drink itself, however.
- Walking around the house while taking the prep may help decrease the bloating of your abdomen.
- If you feel very bloated, stop the drinking for 30 - 60 minutes, but you must resume drinking when the bloating is gone.
- You may want to use Vaseline around your anal area to lessen irritation which may be the result of the prep induced diarrhea.