

FRONTIER GASTROENTEROLOGY CENTER

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PREPARATION FOR COLONOSCOPY

1. Restrict fiber intake three (3) days before your colonoscopy procedure. Examples of high fiber foods are fruits, vegetables, and whole grain breads and cereals. YOU SHOULD NOT TAKE ANY ORAL IRON MEDICATIONS THREE DAYS PRIOR TO THE EXAM.
2. **DO NOT EAT ANY SOLID FOODS THE DAY BEFORE OR THE DAY OF YOUR PROCEDURE !** Drink only clear liquids the day before your procedure. Clear liquids include: water, Sprite, 7-Up, ginger ale, black coffee or tea (no cream), apple juice, clear or white grape juice, beef broth, chicken broth, popsicles or Jello (no red or green Jello). Be sure to consume a generous amount of clear liquids the day before your procedure to help avoid dehydration and assist with cleansing the colon. You should also consume salt containing solutions such as broth or clear soups to avoid dehydration. For those with heart or kidney problems, the salt intake should be mild to moderate.
3. Patients will need to purchase a 238 gram bottle of Miralax (Generic name is polyethylene glycol or Glycolax), 6-10 tablets of Dulcolax, and 64 ounces of Gatorade or any alternate sports drink with electrolytes (any flavor). All of these are over-the counter-items. **THE EFFECTIVENESS OF THE OF THE BOWEL PREP IS THE MOST IMPORTANT FACTOR IN AIDING THE DETECTION OF POLYPS OR ABNORMALITIES OF THE COLON.**

The day before your procedure, take the prep as follows:

11:00 AM- Take 3 Dulcolax pills with 12 ounces of water.

2:00 PM- Mix the bottle of Miralax with 64 ounces of Gatorade (or clear liquid of choice) and drink an 8 ounce glass of the Miralax/clear liquid mixture every 15-20 minutes until it is finished. If you become nauseous, you should stop drinking the prep until the nausea has passed.

5:00 PM- Take 3 Dulcolax pills with 12 ounces of water.

Following the above preparation instructions, if you are not passing clear effluent from your bowels within six hours, you may take more Dulcolax, Miralax, or a 10 ounce bottle of Magnesium citrate. If you have kidney problems, you should not drink magnesium citrate.

You may start the prep earlier than 11 AM the day prior to the procedure if you anticipate having difficulty drinking the prep in the above time frame. People with diabetes and those taking narcotics to manage chronic pain conditions should begin taking the prep earlier in the day.

4. **DO NOT DRINK 6 HOURS BEFORE YOUR PROCEDURE.** You may take your morning medications with small sips of water.

NO FOOD & WATER AFTER MIDNIGHT

SPECIAL MEDICAL CONDITIONS:

Diabetic Patients: **DO NOT** take insulin or any oral diabetic medications on the morning of the procedure! Be sure to check your blood sugar in the morning and bring the result to the facility. If your blood sugar is low, drink a 4 ounce glass of clear juice early in the morning.

SPECIAL MEDICAL CONDITIONS – continued

Coumadin (Warfarin): STOP your Coumadin 5 (five) days before your scheduled procedure unless otherwise instructed by your physician. It may be necessary to continue your coumadin if you have an artificial heart valve.

Aspirin/Plavix (Clopidogrel): STOP aspirin or Plavix 5 (five) days before your scheduled procedure unless otherwise instructed by your physician.

If large polyps are removed from your colon you should not take coumadin, aspirin, or Plavix (clopidogrel) for an additional 7 (seven) days after the procedure. If you have had a stent placed in your coronary arteries within six months, it may be necessary to continue coumadin, aspirin, or Plavix despite the risk of bleeding. If bleeding does develop, you would then stop these medications.

Antibiotics: If antibiotics are required before your procedure, you will be given a prescription provided by your physician. Obtain the medication at your pharmacy and take the tablets the morning of your procedure as directed with a sip(s) of water to swallow the tablets. The only procedures that may require antibiotics are dilatation of esophageal strictures, feeding tubes, and procedures to look at the bile ducts. A routine upper endoscopy or colonoscopy would not require antibiotics.

If you have any concerns or questions regarding these instructions, please discuss them with your physician.

OTHER INSTRUCTIONS:

1. Arrange to take the day off work, since an anesthetic will be administered during the procedure.
2. You must have someone to drive you home after the procedure. Hospital policy may vary as to whether one may be released to a cab.
3. Please do not bring any valuables with you to the facility. This includes: jewelry (necklaces, bracelets, earrings, rings, etc), cell phones, money (with the exception of the required co-payment or deductible amount) and medications.
4. PLEASE MAKE SURE YOU BRING YOUR INSURANCE CARD AND PICTURE ID.
5. Please complete the medication list provided in your paperwork as accurately as possible and bring this list with you to the facility.

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