

GETTING READY FOR YOUR COLONOSCOPY



ONE WEEK BEFORE YOUR PROCEDURE

STOP taking these medications and supplements:

- Herbal medications
- Iron Supplements
- Multivitamins
- Fiber (Metamucil, Fibercon)
- Vitamin E

Discuss with your doctor when to stop blood thinners such as Plavix and warfarin

You may continue to take:

- Acetaminophen (Tylenol)
- Aspirin (up to 81mg)

PICK UP YOUR GI PREP MEDICATION FROM THE PHARMACY.

You will be asked to follow special instructions if you have any of the following:

- Diabetes
- Implanted cardio defibrillator (AICD)
- Pacemaker
- Advanced kidney disease



THREE DAYS BEFORE YOUR PROCEDURE

You MUST begin following a low fiber diet.

This step helps empty your colon so your procedure can be successful and does not need to be repeated or re-scheduled.

AVOID these foods:

Raw vegetables, fruit seeds and skin, seeds and nuts, beans, corn, whole wheat bread, whole wheat pasta, bran, bulking agents

EAT foods like these:

- **Grains** - white bread, pasta, white rice, crackers, cooked cereals, waffles, pancakes, potatoes (without skin)
- **Meat** - fish, eggs, chicken
- **Dairy** - milk, cheese, plain yogurt
- **Vegetables** - cooked carrots, cooked spinach, veggies without skin, husk or seeds
- **Fruits** - bananas, canned fruit, fruit without skin or seeds

You will be asked to follow special instructions if you have any of the following:

- Diabetes
- Implanted cardio defibrillator (AICD)
- Pacemaker
- Advanced kidney disease
- Advanced liver disease

If you have questions, remember that we're here to help you.
Please call **305-243-8644** and select option four (4), then option three (3).



ONE DAY BEFORE YOUR PROCEDURE

When you wake up, you will begin a clear liquid diet.

Clear liquids are those that you can see through. **Avoid** all solid foods, all red and purple juices, alcohol and dairy.

Drink at least 8 glasses of clear liquid today.

Examples of clear liquids are water, plain tea and coffee, carbonated beverages, apple or white grape juice, clear broth, popsicles and gelatin.

Diabetic and renal (kidney) patients need to follow their doctor's dietary instructions.

If your procedure is BEFORE 9 a.m. tomorrow, follow these steps starting at 6 p.m. today:

Step 1 – Prepare the medicine

Step 2 – Drink half of the medicine

Step 3 – Find the time of your procedure the next day
(this determines WHEN you need to drink the rest of the medicine)

Step 4 – Drink the rest of the medicine

If your procedure is scheduled for 9 a.m. tomorrow or later:

You must drink half the medicine tonight and the other half tomorrow. See below.

THE DAY OF YOUR PROCEDURE

If your procedure is BEFORE 9 a.m.:

You must drink the medicine the night before. See schedule above. You may drink clear liquids today but must be finished at least 2 hours before your procedure. Do not eat anything today; this includes mints, gum, tobacco products or pills.

If your procedure is scheduled for 9 a.m. or later today:

You must drink half the medicine the night before and the other half today but ensure that you start drinking the second half at least 5-6 hours before your scheduled arrival time so that you have finished your medication at least 3 hours before your procedure. In some cases, this may require setting an alarm in the middle of the night to meet the schedule. You may drink clear liquids today but must be finished at least 2 hours before your procedure. Do not eat anything today; this includes mints, gum, tobacco products or pills.

Diabetic patients: do not take your morning dose of insulin or anti-diabetic pills. Refer to your doctor's instructions about what medications to take.

If you take medication for **blood pressure** or a **heart condition**, take your normal dose with a sip of water.

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CHECKLIST

- Photo identification (license or other form of ID).
- A friend or relative over 18 years old to drive you home
- Insurance cards
- Funds for deductible or copayments (credit card, checkbook, etc.)
- A list of all medications and dosages, and allergies to medications
- A list of conditions that may make you sensitive to sedation (such as sleep apnea)

Depending on your medical conditions, you may need to bring a letter or instructions from your doctor.

TIPS

- 1- Keep your GI prep medicine in the refrigerator. If it is cold, it won't taste as strong
- 2- If you don't like the taste, try drinking the medicine through a straw, or licking a lemon or lime wedge before taking a sip.
- 3- Stock your bathroom with entertainment (books, handheld games, etc.) to make the experience more comfortable.
- 4- Use soft wipes (unscented and perfume-free), and dab dry rather than wipe dry.
- 5- Consider using petroleum jelly (clear) around the anus after bowel movements to minimize irritation.

A GI pre-procedure registered nurse will review your medical history, medications and prep instructions to ensure you are prepared for your colonoscopy.

If you have questions, remember that we're here to help you.
Please call **305-243-8644** and select option four (4), then option three (3).

