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COLONOSCOPY TWO DAY PREPARATION

**** PLEASE FOLLOW THESE INSTRUCTIONS FOR THE BEST POSSIBLE EXAMINATIONS, so your Doctor can evaluate you appropriately and procedure will not need to be repeated! ****

PLAN AHEAD FOR YOUR PROCEDURE DAY:

You must have responsible adult to take you home via private transportation (NO bus, trolley, or walking home). If you don't have an appropriate ride, you cannot receive sedation for your procedure. **NO EXCEPTIONS.**

HOLD IRON FOR 7 DAYS, IF YOU TAKE ASPIRIN PRADAXA, EFFIENT, XARELTO, BRILLINTA HOLD IT FOR _____ DAYS PRIOR TO PROCEDURE. IF YOU TAKE PLAVIX OR COUMADIN, HOLD THEM FOR _____ DAYS BEFORE THE PROCEDURE.

Day before colonoscopy in the morning:

- Eat a small bland breakfast, **after breakfast ONLY drink CLEAR LIQUIDS** (see list).
- NO solid particles, take all your daily medication
- **Drink a lot of water and clear liquids all day**
- **Take only half of your diabetic medication the day before of your procedure**

Fill your prescription for **Golytely** or other prescribed solution _____

DAY BEFORE YOUR COLONOSCOPY: **Beginning at: _____ **(HALF A GALLON)**

In the morning, add water to fill line of your prep solution, shake well until all powder dissolve and then refrigerate. You can add flavor packet to the gallon at this time (if you were given one at the pharmacy) .You can also use flavor packet s such as Crystal Light or Gatorade to help with taste (**avoid anything red or purple in color**)

Drink 8 ounce glass of the solution every 10 minutes, until ½ the solution has been consumed; we recommend you drink each glass rapidly instead of taking small sips- a drinking straw may help.

****Feeling of, abdominal "fullness" and nausea may happen after the first few glasses of solution. This usually temporary and subsides once bowel movements begin. Stay close to the restroom – you will be having very frequent bowel movements once prep begins to take effect. If you have severe continuous abdominal or recurrent vomit, stop drinking the solution and call Dr. Wiener****

You can drink any other clear liquids as instructed by your physician. **You may take your daily medication unless instructed otherwise.**

THE MORNING OF YOUR PROCEDURE *Beginning at: _____ **(FINISH GALLON)**

Begin drinking the remainder of your prep solution (follow the same routine as the previous day including water).

Finish preparation 2 hours prior to your appointment.

Drink the prep solution until it is 100% consumed. It is very important that you take ALL of the prep.

Do not assume because you "seem clear" that only taking part of the prep is enough!

PLEASE ARRIVE 45MINS BEFORE APPT TIME!