

Colonoscopy Patient Instructions

Patient Name: _____

Date of Birth: _____

Procedure is scheduled for (day/date) _____

Report to: **3rd Floor, Endoscopy**

Time to Arrive: _____

Time of Procedure: _____

IMPORTANT INFORMATION

TRANSPORTATION

Patients cannot drive for 24 hours after the exam. All patients must be accompanied by a responsible adult who can drive him/her home. The colonoscopy may not begin until the driver is present. Patients may only ride home in a taxi or public transportation if they are accompanied by a responsible adult.

INSURANCE COVERAGE

It is your responsibility to contact your insurance company to determine any out-of-pocket expense that may apply to this procedure.

PREPARATION FOR A COLONOSCOPY PROCEDURE

Stop your blood thinner medications on: _____
(This may include Coumadin®, Plavix, Xarelto® and Pradaxa®.)

Per Dr. _____

IF YOU ARE DIABETIC: Call the doctor who monitors your glucose levels. Your diabetic medicines may need to be adjusted due to the diet restrictions required with the bowel prep for this procedure.

If you have low blood glucose, you may take 8 ounces of vanilla Ensure at mealtimes the day before the exam – **but not the day of the exam.**

Pharmacy

- Bowel prep called into (pharmacy): _____
- Purchase two (2) Bisacodyl tablets
(available at Pharmacy without a prescription)

Dietary and Medication Schedule

STOP taking all vitamins, iron supplements, herbal medicines, and medications that stop diarrhea (Example: Imodium).

One week before your procedure!

AVOID corn, popcorn, raw fruits and vegetables, seeds, nuts, whole grains and beans.

**The day before your procedure
-Begin a clear liquid diet**

This includes breakfast, lunch and dinner. We encourage you to have as much of the clear liquids as you like. Allowable clear liquids include only liquids that you are able to see through. (Example: Jell-O, soda, tea, Kool-Aid, sports drinks, popsicles, black coffee, apple juice and broth.)

DO NOT DRINK any alcohol.

DO NOT EAT any solid foods the entire day before your colonoscopy

AT 1:00 PM Take 2 Bisacodyl Tablets

AT 6:00 PM Begin taking the bowel prep you received from your pharmacist. You will be prescribed one of the two bowel preps listed below:

**You will drink a portion
of your bowel prep the
day before your exam and
the remainder the day of
your colonoscopy**

GoLyteLy® Prescription (Bowel prep)

Start drinking an 8 ounce glass of GoLyteLy® bowel preparation every 15 minutes until approximately three quarters (3/4) of the container is used. If you become nauseated, pause for a short time and then resume drinking in small amounts – waiting 20 minutes between glasses. You will finish the rest in the morning.

MoviPrep Prescription (Bowel prep) ****May be refrigerated****

AT 6:00 PM: Follow the MoviPrep Split Dosing™ regimen.

- The MoviPrep container is divided by 4 marks – Every 15 minutes drink the solution down to the next mark (Approx. 8oz), until the full container is consumed.
- If you find you are queasy, you may sip on clear liquids that taste different between glasses, walk around, and get some cool air.
- You may slow down a little (every 20 minutes). However, you need to drink all the prep solution.

When you have finished the evening dose of the MoviPrep, mix it up again, as above for another dosage the next morning

**The day of your colonoscopy
procedure**

FIVE (5) HOURS BEFORE YOUR PROCEDURE:

- Drink an 8 oz. glass of bowel prep every 10 minutes. You should finish this within the hour.
- You may take your cardiac (heart) medications and blood pressure medicines with a sip of water at least two (2) hours before your exam.
- **Do not eat or drink** anything for two (2) hours before your procedure.

It is important to drink ALL of the preparation even if your stool is clear, as there may be more solid material in the upper portion of your colon that has yet to be flushed through.

Keep motivated and do the best you can. Your colon is long and your entire colon must be empty for the physician to see it clearly.

*****FAILURE TO COMPLETE ALL INSTRUCTIONS, RESULTING IN A POOR BOWEL PREPARATION, MAY RESULT IN NEEDING TO REPEAT THE PROCEDURE*****