

Colonoscopy Preparation Instructions

2 Days Prior to the Procedure:

- 8:00 AM: You may have a LIGHT breakfast of eggs, white toast, plain bagel
(ONE WEEK PRIOR- NO nuts, raisins, fruits)
- 9:00 AM: Do not eat or drink anything other than **CLEAR liquids** beyond this point
Examples of clear liquids include: sodas, tea, coffee, Jell-O, broth, water, Gatorade
- **Avoid red liquids such as red Jell-O; red-colored beverages**
 - **Avoid all dairy, including YOOHOO**
- 1:00 PM: Take 4 Dulcolax tablets with an 8 oz. glass of water.

1 Day Prior to the Procedure:

Continue to drink only clear liquids

- 1:00 PM: Take another 4 Dulcolax tablets with an 8 oz. glass of water.

Add lukewarm drinking water to the top of the line of Half-Lytely bowel prep bottle.
Cap bottle and shake vigorously as directed on the container. Refrigerate.

Begin drinking the Half-Lytely solution. Drink an 8oz. glass every 10 minutes. It is best to drink the whole glass rapidly, rather than sipping small amounts. Continue drinking until the whole half-gallon is finished. If you feel full, rest for a few minutes before continuing to drink.

- Bowel movements should occur about 1 hour after the first glass of prep solution. They will continue periodically for approximately 1 - 2 hours following completion of your last glass. By this time the stool liquid should be clear.
- Feelings of bloating and/or nausea are common after the first few glasses of solution because of the large volume of fluid ingested. This is temporary and will disappear once bowel movements begin

NOTE: Remain at home after taking the laxatives.

DO NOT EAT OR DRINK ANYTHING AFTER 12:00 MIDNIGHT

Day of the Procedure:

*You will **NOT** be able to leave the hospital alone. You must have an adult escort to accompany you home.*

Your colonoscopy is scheduled for:

Date: _____ Time: _____ ARRIVAL TIME: _____

***YOU MUST ARRIVE 45 MINUTES BEFORE YOUR
SCHEDULED PROCEDURE TIME***

Medications and other conditions relating to the procedure:

1. Stop taking aspirin, anti-arthritis, Ibuprofen or blood thinning drugs at least 7 days before the day of your colonoscopy unless otherwise directed. You may take Tylenol.
2. Do not take iron or multi-vitamins containing iron for 5 days prior to your colonoscopy.
3. Do not take any insulin or anti-diabetic medication on the morning of your colonoscopy. Notify the doctor that you have not taken any anti-diabetic drugs.
4. Notify the doctor if you take any blood-thinners such as Coumadin.
5. Take only heart, seizure or steroidal medications as usual. Hold all other medications (day of procedure)
6. If you have any heart valve problems, arterial grafts, etc, please notify the doctor before your colonoscopy. You may need to be given antibiotics before your procedure.
7. Women of childbearing age: Colonoscopy should not be done if you are pregnant. If you suspect that you are, notify the doctor to cancel the colonoscopy.