
INSTRUCTIONS FOR COLONOSCOPY PREPARATION

PATIENT NAME: _____ MD: _____

PLACE OF PROCEDURE: _____ DATE/TIME OF PROCEDURE: _____

REGISTER AT OUT PATIENT REGISTRATION _____ TIME OF REGISTRATION _____

In preparation for your colon examination, you will be following a one-day colon preparation which will cleanse your colon thoroughly. This will consist of maintaining a clear liquid diet all day long from the time you get up and taking an oral laxative on the day prior to your examination.

The colon cleansing preparation used for this procedure is a prescription laxative in the amount of one gallon. There are two products available, Colyte and Nulytely. These products come un-flavored and fruit-flavored. Colyte is available unflavored and in a pineapple flavor. Nulytely is available unflavored and in a cherry flavor. These products have a somewhat salty taste. Contact your pharmacist to find out which product they carry. A prescription will be provided to you for this.

Included on the prescription you received for the colon preparation is an order for one tablet of a medication called Reglan. This medication will help improve the effectiveness of the liquid laxative.

ONE DAY PRIOR TO YOUR COLONOSCOPY PROCEDURE: Date: _____

1. Maintain a clear liquid diet for this entire day, starting in the morning upon awakening and continuing through until the evening.

The following is a list of clear liquid items that you may choose from:

- . clear juices with **no** pulp (such as apple, grape, cranberry, Gatorade, etc)
- . pop/soda (such as cola, 7-Up, ginger ale, Kool-Aid)
- . black coffee and plain tea (**no** cream or milk can be added)
- . clear broth, bouillon, consommé
- . plain jello/gelatin – except for **red** or **purple** colors (**no** fruit or cream additives)
- . popsicles or Italian ice
- . water

2. One-half hour before drinking the solution (sometime between 4 PM & 6 PM), take the tablet of Reglan. This was provided to you along with your solution.
3. After taking the Reglan tablet, mix the solution as instructed on the container. It is best not to refrigerate the solution because you may experience chills while drinking it. The solution is best tolerated at room temperature. If you have chosen the unflavored Colyte or Nulytely, a **small** amount of lemon or lime juice can be added to each individual glass to improve the flavor. Otherwise, **do not alter the solution in any other way.**

Continued:

- 4. Between 4 PM and 6 PM, begin drinking the solution.
 - . Drink a full 8 ounce glass every 10-15 minutes until the solution is finished
 - . It is important that you drink ALL of the solution so that your colon is free of stool and can be clearly examined. If your colon is not completely cleaned out, an additional solution prep may be necessary and may delay the procedure.
- 5. Within about one hour after you start drinking the solution, you will begin having bowel movements. Please note:
 - . You may experience mild abdominal cramping, chills, or a feeling of fullness, which will subside soon after. You will need to continue drinking the solution.
 - . However, if you experience nausea and/or vomiting, skip one glass of the solution (waiting about 20 minutes), and then continue drinking the solution as instructed. You will need to add the missed glasses of solution to the end of the time schedule to be sure the entire bottle is completed.

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT

ADDITIONAL INFORMATION & INSTRUCTIONS

This colonoscopy examination is performed under IV sedation for your comfort. Therefore, a family member or friend **MUST** accompany you to the place of the procedure because you will not be allowed to drive home on your own. You will not be able to take a taxi or the courtesy car by yourself. Please do not wear any jewelry and leave your valuables at home. Due to the effects of the sedation, we recommend that a responsible person stay with you when you get home and throughout the day.

**** Blood pressure and heart medications MUST be taken with only a small sip of water.**

Medications to avoid for three days prior to your examination include:

iron supplements

Vitamin E, fish oil

aspirin or aspirin-containing products (they have blood thinning properties)

Advil, Motrin, Aleve, Naprosyn, Ibuprofen and all other anti-inflammatory medications (they have blood thinning properties)

Celebrex

If you take Plavix, Trental, Coumadin, Eliquis, Pradaxa, Xarelto, Brilinta, Effient, Persantine, Ticlid or Aggrenox, check with your physician to see if you can stop for three days prior to your test. If your physician advises against stopping, call the office and let us know.

If you need to take an analgesic (pain reliever), use only over-the-counter Tylenol or Extra-Strength Tylenol.

If you are a diabetic, follow these instructions: _____

Do not smoke on the day of your exam, prior to the exam.

If you experience soreness in the rectal area, applying vaseline may be helpful.

PLEASE READ THESE INSTRUCTIONS CAREFULLY. YOU MAY CALL THIS OFFICE AT 630-789-2260 IF YOU EXPERIENCE ANY PROBLEMS WHILE TAKING THIS COLON PREPARATION OR IF YOU HAVE ANY QUESTIONS REGARDING THE PROCEDURE.

Please call your insurance company to check your benefits. If you need precertification, let us know and we will be happy to take care of that for you.