

Colonoscopy Prep Checklist

The few days before your colonoscopy are extremely important to ensure that your colon is clean for **optimal visibility** during the procedure. You will need to carefully follow your doctor's instruction.

Beware of other medicines.

Speak to your doctor about medicines that you may need to stop taking before your colonoscopy.

Watch what you eat.

Follow your doctor's recommendations about what you can and cannot eat before a colonoscopy.

Complete the prep.

Be sure to read all prep instructions, follow the recommendations for pre-colonoscopy diet, and complete each step when instructed.

Stay hydrated.

Be sure to drink all required liquids during the preparation and replenish your system by drinking clear liquids after returning home from your colonoscopy.

Stay near a bathroom.

Many who have undergone colonoscopy preparation recommend the use of ointments and wet wipes to reduce the effects of many trips to the bathroom.

Schedule a ride home.

Because of the sedatives used during the colonoscopy, you will need to find someone to take you home.

Spread the word.

Make sure to tell those you know about the importance of getting screened –it could save a life.

PREPARATION FOR COLONOSCOPY

5 DAYS BEFORE

1. Five days before your procedure, you will need to be off all iron supplements and NSAIDS (Non-Steroidal Anti-Inflammatory Drugs), such as: Ibuprofen, Aleve, Advil, Excedrin, Goody's, Stanback, BC powders, Motrin, Naproxen, Nuprin, Alka-Seltzer, Naprosyn, Celebrex, Bextra, Mobic, Fiorinal, Ketoprofen, Etodolac, Diclofenac, Piroxicam, Vimovo, Voltaren, or any other anti-inflammatory or arthritis medications. (Tylenol/Acetaminophen is ok to take)
2. If you take Aspirin (81mg or 325mg) daily for cardiac or vascular health, you **SHOULD NOT** stop this medication prior to your procedure.
3. If you are on Plavix, Coumadin, Pradaxa, Lovenox, Fragmin, or other Anti-Coagulant therapy, please contact us at least 7 days prior to your procedure. We will make specific recommendations regarding management of these medications based on your specific medical history.
4. Fill prescription at pharmacy of your choice. **(You may also obtain prescription and bowel preparation instructions from our office only)**. You may want to do this several days in advance to ensure your pharmacy has the prep in stock.
5. If you are a diabetic on insulin or pill medications, please do not take these medications the morning of your procedure. If you have any questions please call our office @ 706-238-8010.

2 DAYS BEFORE

6. 2 days prior to your procedure, you will need to begin your low residue diet. ****See Attached List****

THE DAY BEFORE

7. The day before your procedure, you will be on a clear liquid diet: soda, water, tea, coffee, Gatorade, broth, bouillon, popsicles, and Jello. **Please do not have anything orange or red.** If you are diabetic, please check your blood sugar and if you experience a drop (less than 80), you need to drink a cola orange juice to raise your blood sugar. **Note: Do not drink anything if it is less than 2 hours before your appointment. Call our office first (706-238-8017).**
8. Split (AM|PM) Dose Schedule for gallon bowel prep:
 - Take 2 dulcolax/bisocodyl tablets at 2 pm. (You may need to purchase these over the counter if they are not included in your bowel preparation prescription).
 - Fill the container with 4 liters (1 gallon) of water (there is usually a fill line on the container) mix thoroughly. You may refrigerate or leave at room temperature.
 - Starting at 5pm on the day before your procedure, drink 8 ounces every 10-15 minutes until half of the liquid is taken.

THE DAY OF YOUR PROCEDURE

- Starting at the time your doctor specified, on the day of your procedure, drink 8 ounces every 10-15 minutes until the rest of the liquid is finished. You must complete the entire gallon **NO LATER** than the time your doctor specified. **IF YOU DO NOT COMPLETE IT BY THIS TIME YOUR PROCEDURE MAY BE POSTPONED OR RESCHEDULED.**
- You may continue your clear liquid diet the day of your procedure up until the time your doctor specified. **FOR YOUR SAFETY, IF YOU EAT OR DRINK ANYTHING WITHIN 2 HOURS OF YOUR APPOINTMENT (INCLUDING WATER AND ICE CHIPS), YOUR PROCEDURE MAY BE POSTPONED OR RESCHEDULED.**

***It is important that you drink all of your bowel prep and follow these instructions exactly. If you have any questions please call 706-236-6428, 706-378-8111, or 706-236-5221 between 8-5. If you have any questions or difficulty with your bowel prep after normal business hours, please call our on call physician at 706-238-8010.**

***You **must** have a responsible adult, 18 years of age or older, to drive you home after your procedure. Your driver must arrive with you and remain in the waiting room until you are in the recovery room. Your driver may not leave at any time. If you do not have a driver present with you, your procedure will be postponed until he/she arrives or your procedure will be rescheduled.*

NO FAMILY MEMBERS OR FRIENDS ARE PERMITTED IN THE PRE-OP OR PROCEDURE ROOMS PER HARBIN CLINIC POLICY.