

Preparation Instructions: Colonoscopy

Key Instructions:

- Follow your doctor's recommendations below for when to start drinking your bowel preparation. If you do not follow the instructions as directed, your procedure may be cancelled.
- Arrive at least 30 minutes prior to your scheduled procedure time.
- A responsible adult (family member or friend) **MUST** accompany you to appointment at check in and to escort you home on day of your procedure at check-out. **There are no exceptions to this requirement.**
- Expect a minimum of 2 hour stay during the day of the procedure.
- Do not bring valuable items with you on the day of the procedure.
- STOP taking iron supplements, nuts, corn, popcorn, grapes, all fruits with seeds, peas, beans and tomatoes starting 5 days prior to the procedure.
- You CANNOT drive or operate heavy machinery for 24 hours after the procedure.
- **Diabetic patients** should **NOT** take any of their diabetic medications on the day of the procedure. **Diabetics patients on insulin** should consult their Primary Care Physician in reference to insulin dosage prior to your procedure.
- If you are taking Coumadin (warfarin), Plavix (clopidogrel), Effient, Xarelto, Pradaxa, Eliquis or any other blood thinners, discuss with your Primary Care Physician or Cardiologist the discontinuation of these medicines prior to your procedure.
- Take blood pressure, asthma, anxiety or seizure medications ONLY with a sip of water early in the morning on the day of your procedure.
- Do not smoke, inhale or consume any recreational tobacco, marijuana or other illicit substances on the day of the procedure.
- Do not apply lipstick, lip gloss or dark colored nail polish on the day of the procedure.

You must pickup from your pharmacy the preparation solution (**Colyte, Suclear, Moviprep, Suprep, Prepopik, Trilyte or Golytely**) depending on what your doctor has prescribed for you prior to your procedure.

THE DAY BEFORE YOUR PROCEDURE

- Do not eat any solid food the **ENTIRE DAY** before your colonoscopy. Your bowel must be empty so that your doctor can clearly view your colon.
- Drink only **CLEAR LIQUIDS** the entire day before your colonoscopy. Do not eat any solid foods. The clear liquids you can drink include: clear broth, water, apple juice, white grape juice, clear carbonated beverages such as ginger ale or lemon lime soda, Gatorade or other sports drinks, jello or other gelatins, popsicles. No alcohol. **No red or purple liquids.**
- Mix the bowel preparation solution according to package directions no sooner than 24 hours before it will be used. If preferred, the solution can be refrigerated prior to drinking.

- Step 1** **Starting at 6pm and ending at 8pm on the day prior to your procedure** drink one 8 oz cup of the solution every 10 minutes until the **first half** of the solution is completed.
- Step 2** Drink an additional 16 oz of **WATER** only between 8pm and 10pm. This is a necessary step to ensure adequate hydration and an effective prep.
- Step 3** Refrigerate the remaining unused solution in the capped bottle until ready to drink the second half of the prep.

IN THE MORNING THE DAY OF YOUR PROCEDURE

- Step 4** **Beginning anytime between 8 hours to 4 hours prior to your procedure** **appointment** drink the entire remaining half of the solution, drinking one 8 oz cup every 10 minutes until completed.
- Step 5** Drink an additional 16 oz of **WATER** over the next 1 hour, after completing the second half of the solution. This is a necessary step to ensure adequate hydration and an effective prep.

You must complete ALL drinking by 2 hours prior to your procedure.
ABSOLUTELY NOTHING TO DRINK FROM 2 HOURS PRIOR TO YOUR PROCEDURE

Please contact your gastroenterology endoscopy unit in case of any questions or if you need to cancel your procedure.

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Visit <https://www.acpny.com/colonoscopyprep> for more information