Preparing for Your Upcoming Colonoscopy

GoLytely/PEG Solution

PLEASE REVIEW THESE INSTRUCTIONS CAREFULLY. QUESTIONS? CALL (608) 417-6389.

1. *Transportation*

- Arrange for someone to drive you to and from the procedure.
- Do not use a taxi or bus unless you have someone that join you for the ride home.
- You cannot drive for the remainder of the day after your procedure because of the sedation medications. If you are unable to arrange for a driver, we will need to reschedule your appointment.
- Arrange for your driver to be with you after the procedure to talk with your doctor and nurses. Due to the medications, you may not remember important information.

2. *Please do not bring children with you if at all possible.*

The time spent waiting during the procedure, including prep and recovery time, can be stressful for children.

3. *Jewelry*

We highly recommend you remove all jewelry, including wedding rings, and leave them at home. Tongue piercings must be removed.

4. *Pregnancy Testing*

Female patients of child-bearing age may be asked to provide a urine sample if pregnancy status is unknown. If you are pregnant, risks and benefits should be discussed with your physician prior to continuing with the procedure.

5. *Blood Thinning Medicine (Warfarin, Coumadin®, Plavix® or enoxaparin)*

If you are taking blood thinners, you must talk to your prescribing physician or primary care provider about safely stopping the drug. It is recommended these medications be stopped for 5 days prior to your procedure. Enoxaparin is to be held 12 hours prior to procedure. If you are unable to discontinue taking these medications temporarily, your procedure may be cancelled.

6. *Diabetic Patients*

Please contact your primary care provider for any special instructions regarding your diabetic medications.

Five Days Before Your Procedure

1. *After receiving approval from your prescribing doctor or primary doctor, the following medications should be stopped:*

- Plavix®
- Warfarin, Coumadin®, Jantovin®
- Dabigatran, Pradaxa®

2. *Discontinue iron pills and multi-vitamins that contain iron.*

Other common names for iron include: ferrous sulfate**,** ferrous gluconate**,** ferrous fumarate**,** Femiron®**,** Niferex®

3. *Discontinue fiber supplements.*

Common fiber supplements include: Metamucil®**,** Fibercon®**,** Citrucel®**,** Konsyl®**,** Benefiber®**,** Fibersure™, colon care capsules

4. *Discontinue consuming the following foods:*

- Nuts, seeds, popcorn
- Corn, beans, peas, raw salad, celery, tomatoes
- All other vegetables must be cooked (carrots, broccoli, cauliflower, potatoes without skins)
- Wheat germ, granola, cereal with visible grains and/or fruit
- Bread with seeds or visible grains
- You may eat fruit, but skin and seeds must be removed before eating

5. *It is safe to continue taking:*

- Aspirin
- Anti-inflammatory pain relievers (Advil®, Nuprin®, Aleve®, naproxen sodium, ibuprofen)

USE YOUR BEST JUDGMENT. IF IN DOUBT, CALL THE DIGESTIVE HEALTH CENTER AT (608) 417-6389, OR DO NOT CONSUME IT.

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The Entire Day Before Your Colonoscopy

1. *No solid food.*

2. *Drink a clear liquid diet the entire day.*

Anything you can see through and has no pulp is OK to drink:

- Broth/bouillon, coffee (sugar is ok, no cream), tea
- Carbonated beverages (Coke®, Pepsi®, Sprite®, etc.), clear fruit juices (no pulp), Jello®, Gatorade® and popsicles.
- Hard candy is allowed.
- DO NOT drink anything red or purple.

3. *No dairy.*

4. *Discontinue Lovenox® (enoxaparin)*

After receiving approval from your prescribing doctor, injections should be stopped 12 hours prior to your procedure.

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Begin Bowel Prep

The prep is designed to clean out your colon. It will usually cause you to have bowel movements within a few hours. Your bowels are clean when your stools become watery and you can see through them. They may be tinted depending on the color of liquids you have been drinking.

Bowel Prep Instructions

Mix and refrigerate the colon electrolyte solution (according to the directions on the container) a few hours prior to beginning your prep. You may add Crystal Light Sugar-Free Lemonade to the container or your glass. Do not add any other liquids or flavors.

IF YOUR PROCEDURE IS BEFORE NOON:

Begin drinking the electrolyte solution at 6:00 p.m. You may start earlier if you prefer.

- Drink one, 8 oz. glass every 10-20 minutes. **Slow down** or stop for 30 minutes if you begin to have nausea or abdominal discomfort.
- Do not drink the gallon in less than 3 hours but no more than 4 hours.
- Drink the entire prep.
- Liquid stools will usually start within a few hours.
- Continue drinking clear liquids even after you've finished the prep, as tolerated. Extra fluids will continue to clean out your colon and keep you hydrated.
- Your prep is adequate if you're passing clear, yellow fluid without sediment.
- If you develop persistent vomiting or continuous, severe abdominal pain, stop drinking the solution and call the Digestive Health Center or Nurse On Call (below).

IF YOUR PROCEDURE IS AFTER NOON:

Begin drinking the electrolyte solution at 6:00 p.m. You may start earlier if you prefer.

- Drink only ½ (half) of the gallon (you will drink the other ½ (half) in the morning).
- Drink one, 8 oz. glass every glass every 10-20 minutes. **Slow down** or stop for 30 minutes if you begin to have nausea or abdominal discomfort.
- Do not drink the ½ (half) gallon in less than 1 hour, but no more than 2 hours.
- Liquid stools will usually start within a few hours.
- Continue drinking clear liquids even after you've finished the prep, as tolerated. Extra fluids will continue to clean out your colon and keep you hydrated.
- If you develop persistent vomiting or continuous, severe abdominal pain, stop drinking the solution and call the Digestive Health Center or Nurse On Call (below).

To lessen the taste of the prep liquid, try drinking it with a straw; between glasses, try gum or hard candy.

While drinking the electrolyte solution, you may experience chills, nausea, and abdominal cramping. These are normal responses to the prep.

If you are unable to tolerate your prep or have questions, please call:

Digestive Health Center (608) 417-6389 or Nurse on Call (608) 417-5755

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Day of Your Procedure

Afternoon Procedures *Only*

Begin drinking the second ½ (half) of the refrigerated prep at 6:00 a.m. Drink one glass every 15-20 minutes until the rest of the prep is gone.

All Patients (regardless of procedure time)

- Continue drinking clear liquids after you have finished the Miralax prep up until **3 hours prior** to your **arrival time**.
- Take your routine prescription medications (with exception to the medications noted earlier).
- **Do not take** Aspirin, N-Saids, vitamins or supplements on the day of your procedure.
- Plan to be at the Digestive Health Center for a total of 2-3 hours. This includes registration, procedure and recovery time.

Things to Bring with You

1. A current list of medications and dosages.
2. If you have sleep apnea and use a CPAP machine, please bring the machine, mask and tubing with you.
3. If you have a current living will and/or durable power of attorney for health care, please bring a copy of it to your procedure so we can update your health file.

Moderate Sedation: What You Can Expect

Moderate sedation is a mixture of medicines given during a procedure to help relieve pain and anxiety. While under moderate sedation, you are able to answer questions, speak to your health care professionals and breathe on your own. The medications may cause you to have brief memory loss during your procedure and for a short time afterward.

After Your Procedure

You will be monitored after your treatment. During this time, a nurse will check your blood pressure, heart rate, breathing and alertness. You will be sent home with your responsible adult driver and written instructions. You may feel sleepy and light-headed, but this feeling will fade.

- **Do not** drive a car, operate machinery or power tools.
- **Do not** drink any alcoholic drinks.
- **Do not** make important legal decisions.
- **Do not** smoke for the first 8 hours without supervision.
- **Do not** cook on a stove or use a microwave without supervision.