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BOWEL PREPARATION FOR YOUR COLONOSCOPY

Warning: Failure to follow the instructions given below may result in your procedure being canceled and rescheduled even if you have already gone through the bowel preparation. PLEASE READ VERY CAREFULLY.

DIET AND BOWEL PREPARATION INSTRUCTIONS

1. Starting five (5) days before your scheduled colonoscopy, you may have a normal diet except **NO NUTS, SEEDS, CORN, OR POPCORN.** Also, stop all fiber supplements.
2. On the day before your scheduled colonoscopy, you will be on a clear liquid diet. You may have **NO SOLID FOOD.** Clear liquids include the following: water or flavored water, black coffee or tea (no cream), Sprite, 7-UP, clear fruit juices such as apple or white grape (no pulp), Gatorade (no red or purple), chicken broth or bullion, and non-red gelatin dessert or popsicles. **NO MILK OR CREAM. DO NOT EAT OR DRINK ANYTHING RED, BLUE, OR PURPLE.**
3. You will need to pick up two (2) over the counter medications from the pharmacy and use them as follows:
 - a. The day before your scheduled procedure, take the four **(4) DULCOLAX** tablets at **9:00 A.M.** You should begin to have bowel movements in about 5 to 8 hours, sometimes it may take longer. Once you start having bowel movements or **at 5:00 P.M.**, start part "b" below.
 - b. The day before your scheduled procedure, take the **whole** canister (238 gm) of **MIRALAX/GLYCOLAX** and mix it with 64oz (half-gallon) of any clear liquid (**DO NOT FOLLOW THE DOSING INSTRUCTIONS ON THE BOTTLE/CANISTER**). If you are a diabetic, please make sure that your liquid is sugar-free. Shake until dissolved. Begin drinking a glass of the liquid **every 20 to 30 minutes.** Drink as much of the 64oz as you can. Occasional nausea and vomiting may occur but do not be concerned. Drink as much as you can.

Your body loses significant amounts of fluid during the bowel preparation. In order to prevent dehydration, it is important to supplement that fluid loss with clear liquids. Make a conscious effort to drink as much as you can before, during, and after the preparation.

***** Please continue to drink clear liquids up until SIX hours prior to your appointment. Stop all liquids, including water SIX hours before your procedure.**

MEDICATION INSTRUCTIONS

1. On the day of your bowel preparation, take your medications as usual unless instructed otherwise.
2. If you take medication in the morning for your heart, blood pressure, or seizures, you may take your medication with a clear liquid the day of your colonoscopy.
3. Stop any iron supplementation or any iron containing vitamins five (5) days prior to your scheduled procedure.
4. You may continue taking **ASPIRIN**.
5. Stop taking your **COUMADIN** (WARFARIN) four (4) days prior to your colonoscopy unless instructed otherwise.
6. Stop taking **PRADAXA** two (2) days prior to your colonoscopy.
7. Stop taking **ELIQUIS** or **XARELTO** thirty-six (36) hours prior to your colonoscopy.
8. Stop taking **PLAVIX** or **AGGRENOX** seven (7) days prior to your colonoscopy unless instructed otherwise. PLEASE CONTACT YOUR CARDIOLOGIST BEFORE STOPPING PLAVIX ESPECIALLY IF YOU HAVE HAD A RECENT HEART STENT PLACEMENT.
9. Stop taking any anti-inflammatory medications three (3) days prior to your colonoscopy. (Celebrex, Bextra, Empirin, Bufferin, Ascriptin, Motrin, Ibuprofen, Advil, Aleve, Medipren, Nuprin, Naproxen, Naprosyn, Sulindac, Clinoril, Piroxican, Feldene, Indomethicin, Indocin, Diclofenac, Voltaren, Toradol, Tramadol, and Ultram).
10. **If you are a diabetic and take insulin or oral diabetic medications your instructions are as follows:**
 - a. Do not take your oral diabetic medication on the day of your bowel preparation or on the day of your scheduled colonoscopy.
 - b. If you take insulin, take 1/2 of your normal dose on your bowel preparation day.
 - c. If you have a morning procedure, do not take your insulin that morning. Bring your blood sugar testing supplies with you if your sugar needs testing after the procedure.
 - d. If you have a scheduled afternoon procedure, take 1/2 of your normal morning dose of insulin.

OTHER INSTRUCTIONS

1. Notify the office if you did not stop your **COUMADIN, PLAVIX OR AGGRENOX** as instructed. Your procedure might need to be rescheduled
2. If you have a history of joint replacement surgery within the past two years, you may need antibiotics prior to your procedure. Please call the office if you did not notify the doctor of this condition.
3. After the procedure, you will be observed in the office or at the hospital for 30 minutes to 2 hours. You may then return home if you are stable. You will need someone to drive you home after completion of the procedure due to the sedative medications that are used. **YOU WILL NOT BE ALLOWED TO DRIVE YOURSELF HOME. IF YOUR PROCEDURE IS AT THE OFFICE, YOUR DRIVER MUST STAY AT THE OFFICE DURING YOUR PROCEDURE.** You should be able to return to normal activity within 24 hours.

If you have had polyps removed, you may restart your **COUMADIN and **PLAVIX** at night the day of your procedure at your prescribed dosage and have your **COUMADIN** level checked in 7-10 days.**

If you have not received the results of your biopsy or polypectomy within seven days after your procedure, please call the office.

Finally, please do not hesitate to call the office with any questions or concerns at (231) 876-3876.