

## PREPARATION FOR COLONOSCOPY

(Follow **ONLY** these instructions given by the GI Department)

### WHAT TO BUY BEFORE YOUR COLONOSCOPY

#### PURCHASE THESE ITEMS FROM THE STORE AND PHARMACY:

- **PLENVU PREP** from pharmacy.
- **CLEAR LIQUIDS TO DRINK FOR THE DAY BEFORE YOUR COLONOSCOPY** (no red or purple). You can find a list of approved clear liquids below.

#### Examples of clear liquids (NO RED OR PURPLE)

- Broth: Clear only (no bone broth)
- Coffee, tea (no milk)
- Juice: Clear only (no pulp, no lemonade or coconut water)
- Soda and Kool-Aid
- Jell-O and Popsicle
- Clear hard candy

#### FOR PATIENTS WITH DIABETES OR KIDNEY DISEASE:

Use water, Gatorade Zero, or Crystal Light instead of regular Gatorade.

### 7 DAYS BEFORE YOUR COLONOSCOPY

#### READ ALL PREP INSTRUCTIONS.

- **WEIGHT LOSS OR DIABETES MEDICATIONS THAT SLOW DIGESTION MAY NEED TO BE STOPPED.** Please speak with our department about instructions to hold if you are taking these medications.
- **ASK YOUR PRESCRIBING DOCTOR ABOUT WHEN TO STOP TAKING BLOOD THINNERS** such as Plavix, Xarelto, Eliquis, Coumadin, or Brilinta. You may continue to take aspirin.
- **IF YOU TAKE INSULIN**, ask your prescribing doctor about dosage for your preparation day. Do not take any insulin the day of the procedure.
- **STOP TAKING** all herbal products, oil-based vitamins, and iron supplements.
- **STOP TAKING** fiber supplements such as Metamucil, Citrucel, FiberCon, Benefiber, or Konsyl.
- **STOP TAKING** medicine that stops diarrhea such as Imodium, Kaopectate, or Pepto-Bismol.
- **STOP EATING** salads, nuts, seeds, popcorn, hard fruits, and hard vegetables.

**MAKE SURE SOMEONE IS AVAILABLE TO DRIVE YOU HOME AFTER YOUR PROCEDURE.**

### THE DAY BEFORE YOUR COLONOSCOPY

- **DRINK ONLY CLEAR LIQUIDS ALL DAY**
- **NO SOLID FOOD**
- **NO ALCOHOL**

- **DRINK AT LEAST EIGHT (8) OUNCES OF CLEAR LIQUIDS EVERY HOUR** while awake.
- **AT 4 P.M., PREPARE YOUR BOWEL PREP PREPARATION:** Mix dose 1 pouch with sixteen (16) ounces of cold water in the container provided. Drink the dose 1 solution over thirty (30) minutes.
- **AFTER THAT, YOU MUST DRINK TWO (2) 8-OUNCE GLASSES OF CLEAR LIQUIDS OVER THIRTY (30) MINUTES.**

**OUR OFFICE WILL CALL YOU BY 2 P.M. TO TELL YOU WHAT TIME TO COME FOR YOUR PROCEDURE.**

### THE DAY OF YOUR COLONOSCOPY

- **NO SOLID FOOD**
- **NO ALCOHOL**
- **NO GUM OR MINTS**

- **FIVE (5) HOURS BEFORE YOUR PROCEDURE ARRIVAL TIME, MIX DOSE 2** by pouring pouch A and pouch B into the container provided. Add sixteen (16) ounces of water and mix it well. Drink this mixture over thirty (30) minutes.
- **AFTER THAT, YOU MUST DRINK TWO (2) 8-OUNCE GLASSES OF WATER** over thirty (30) minutes.
- **STOP DRINKING ALL LIQUIDS THREE (3) HOURS BEFORE YOUR ARRIVAL TIME.** If you don't, your procedure may be delayed or canceled.
- Take your morning asthma and seizure medications with a small sip of water.
- If you take medicine for your heart or blood pressure, please talk to our nurse before your procedure.

**AFTER YOUR PROCEDURE, YOU MAY EAT YOUR USUAL DIET UNLESS YOUR DOCTOR TELLS YOU DIFFERENTLY.**

**YOU NEED TO DRINK ALL OF THE PREPARATION SOLUTION AS INSTRUCTED!**

*THIS HELPS CLEAN YOUR BOWEL WELL, EVEN IF YOU'RE ALREADY PASSING CLEAR LIQUID.*



**If you think the prep is not working by 10 P.M., call 856.342.2000 and ask for the Gastroenterology Fellow on call.**

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, DON'T HESITATE TO CALL.**

(MONDAY-FRIDAY, 8 A.M.-4:30 P.M.)

**856.380.7750**

