

# CENTER FOR ADVANCED GASTROENTEROLOGY

## Colonoscopy Prep Instructions

### ON PREP DAY – THE DAY BEFORE PROCEDURE:

- 1 In the morning mix the prep solution with water as directed and refrigerate.
- 2 You may have a **light breakfast** (toast, cereal, oatmeal) the rest of the day will be **clear liquids only!**
- 3 For the rest of the day you may have as much **clear liquids** as you want which includes black coffee, apple juice, Gatorade, white grape- juice, clear chicken broth, popsicles, jello, and of course water. **Nothing Red.**
- 4 At **1PM** take **4 Dulcolax Tablets**. These can be purchased at the pharmacy, **No prescription needed.**
- 5 At **5PM** begin drinking the refrigerated bowel prep. Drink 8 oz of you preparation every 15 minutes, until ½ gallon is finished. Your elimination should be liquid (clear or yellow, No brown) with no solid stool.
- 6 Usually after a few glasses, your bowel evacuation will begin. If you have not had any bowel movements by then, you need to do **2 Fleet enemas** per rectum as directed to stimulate bowel to move. (Fleet enemas are available OTC).
- 7 If you become nauseated, bloated, or have stomach pain during the prep, you may slow down on the drink until this subsides. Use a warm heating pad over the abdomen or taking a warm shower/bath may also help.
- 8 If you experience vomiting and cannot keep the bowel prep down, **STOP** drinking the bowel prep for 30 minutes and then retry it slowly.
  - If you continue to vomit, Stop drinking the prep and phone the physician's office, for further instructions.
  - If your elimination is not clear after finishing the Dulcolax and ½ of the bowel prep, you should then continue drinking more and/or all of the prep, until your elimination is clear. You should also use 2 Fleet enemas at this time.

### Nothing to Drink AFTER MIDNIGHT

### THE DAY OF THE PROCEDURE:

- If you are having an **AM** procedure, you should not be drinking anything...**NOT EVEN WATER!!**
- If your procedure is in the **AFTERNOON**, you may have only clear liquids **UP UNTIL 4 HOURS PRIOR TO TIME OF PROCEDURE.**
- If you have **BLOOD PRESSURE** or **HEART MEDICATIONS, PAIN MEDICATION, BREATHING OR SEIZURE MEDICATIONS**, please take with enough water to swallow pills.
- If you have **BLOOD THINNERS**, they should be **STOPPED 3 DAYS PRIOR TO THE PROCEDURE, UNLESS OTHERWISE INSTRUCTED.**
- Absolutely **NO INSULIN** or **DIABETIC MEDICATIONS** the **MORNING** of, or the **EVENING BEFORE** the procedure.

ANY MEDICATION QUESTIONS Please Call MNH Surgical Center 407-644-4222

**\*Important: Please arrange for a driver for the procedure. You WILL NOT be permitted to drive after anesthesia under any circumstances. Not having a driver may cause your procedure to be cancelled.**

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