



Consultants In
Gastroenterology, L.L.C.

OUT OF TOWN COLONOSCOPY PREPARATION

Patient: _____

Please report to: _____

Date: _____ Time: _____

The procedure you are about to undergo is called a Colonoscopy. This is an examination of the entire length of the colon using a flexible fiber-optic instrument. As you can imagine, it is very important that the bowel be as clean as possible to permit us to do a thorough examination. Please closely follow the instructions below to prepare for the exam.

Two Days before the examination:

1. **Stop all food** and drink only clear liquids* starting with the evening meal.
2. At 7:00 PM: Add one 1-½-ounce bottle of Fleet Phospho-Soda™ oral solution to ½ glass of water and drink. The solution can be obtained in any pharmacy without a prescription.
3. Drink 3-4 full glasses of clear liquids to make the laxative work. You may drink clear liquids for the remainder of the evening.

One Day before the examination:

1. Drink only clear liquids* for breakfast, lunch, and dinner. **DO NOT EAT ANY FOOD.**
2. At 7:00 PM: Add one 1-½-ounce bottle of Fleet Phospho-Soda™ oral solution to ½ glass of water and drink. The solution can be obtained in any pharmacy without a prescription.
3. Drink 3-4 full glasses of clear liquids to make the laxative work. You may drink clear liquids until midnight.

On the Day of the examination:

1. Do not eat or drink anything after midnight. You may take your heart or blood pressure medications at 6:00 AM with a sip of water.
2. Show up for the exam at the above scheduled time.

***Clear liquids allowed:** 7 Up, Sprite, Kool-Aid, water, clear fruit juices (i.e. apple, grape or cranberry), bouillon, plain Jell-O, coffee and tea. **NO SOLID FOODS, MILK, OR MILK PRODUCTS. NO RED JELL-O OR DARK SODAS (NO ROOTBEER, COLA OR DR. PEPPER).**

During the procedure, you will receive sedation. The procedure should take about 30 minutes. After the procedure, you will be kept in a recovery area for about another 20 minutes; following which you will be discharged home.

BECAUSE OF THE SEDATION, YOU MUST HAVE ARRANGEMENTS FOR SOMEONE TO TAKE YOU HOME—**TAXI CAB NOT ACCEPTABLE**. IF THESE ARRANGEMENTS ARE NOT MADE, THE EXAM WILL NOT BE DONE.

Other special instructions:

1. If you are diabetic, do not take your insulin the morning of the test.

2. If you take aspirin, Advil, ibuprofen, Aleve, or arthritis medicines, they must be stopped at least 5 days before the exam. (Tylenol is OK.)
3. If you are on Coumadin, please discuss how to handle it with the doctor.