

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 a good exam and to minimize the risk of rare kidney side effects associated with dehydration.

One Day before the examination, that is beginning on: _____

1. Drink only clear liquids* starting when you wake up in the morning and continuing through the whole day. **DO NOT EAT ANY FOOD.** Drink a glass of clear liquids every hour or so during the day.
2. Anytime between 5:00 pm and 7:00 pm: Add one 1-½ oz (45ml) bottle of Fleet Phospho-Soda™ oral solution to ½ glass of water or clear liquid 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 and plenty of clear liquids hourly throughout the evening till you go to bed, preferably Gatorade or other sports drink (not red or orange).

The Day of the examination, that is on: _____

1. Anytime between 5:00 am and 6:00 am: Add 1 oz (30ml) of Fleet Phospho-Soda™ oral solution to ½ glass water or clear liquid and drink. This can be followed by 2 cups of any clear liquid* on the list.
2. If you take heart or blood pressure medications, you may take them at this time. Do not eat or drink anything else until after your exam. You may brush your teeth.
3. Report 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, Gatorade or All Sport (not red or orange), Popsicles (not fudge), ginger ale, orange/grape soda and tea. **NO SOLID FOODS, MILK, OR MILK PRODUCTS. NO RED JELL-O. LIMIT OF NO MORE THAN 2 OF THE FOLLOWING AS CLEAR LIQUIDS: ROOTBEER, COKE, PEPSI OR DR. PEPPER. Alcohol is a clear liquid but should be avoided as it can enhance dehydration.**

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. Plan on being with us for 1½ to 2 hours. You need to continue to drink plenty of liquids for the rest of the day.

BECAUSE OF THE SEDATION, YOU MUST MAKE SURE YOU HAVE SOMEONE (FRIEND OR FAMILY MEMBER) TO TAKE YOU HOME, OR YOUR TEST WILL BE RESCHEDULED (TAXI RIDES ARE NOT ACCEPTABLE UNLESS YOU HAVE A FRIEND OR FAMILY MEMBER WITH YOU). YOU MAY NOT TAKE THE BUS.

Other special instructions:

1. If you are diabetic and take insulin, contact your Primary Care Physician for further instructions. If you are able, please check your blood sugar before you leave your house.
2. If you take baby aspirin or aspirin, Advil, ibuprofen, Aleve, Excedrin, or arthritis medicines, they must be stopped at least 5 days before the exam. **Tylenol is OK.** Fish oil is ok.
3. Do not eat snacks/chips or any other products such as **Alli** that contain Olestra for 5 days prior to your test.
4. If you are on Coumadin or Plavix, stop for 5 days or discuss how to handle it with your doctor.