

COLONOSCOPY Prep Instructions: Three (3) Day Prep

Location: Berkeley Endoscopy Center 1072 Wildewood Centre Drive, Columbia, SC 29229

Date: _____ Arrival time: _____ am /pm

If you need to reschedule, cancel or have any questions, please contact 803-788-1100 option 6.

Please call 803-719-5242 to let us know you have arrived for your procedure.

Key Instructions:

Your doctor has scheduled you for a colonoscopy. To have a successful colonoscopy your colon must be clear of any stool. Follow all of the instructions in this handout **EXACTLY** as they are written. If you do not follow the directions, your procedure may be cancelled.

- Buy your bowel preparation at least 5 days before your colonoscopy.
- A responsible family member or friend **MUST** drive you home from the procedure. You are **NOT ALLOWED** to drive, take a taxi, bus or car service, or leave the Endoscopy Center **ALONE**. If you do not have a responsible driver (family member or friend) with you to take you home, your procedure cannot be done with sedation and may be canceled. You **MUST** remain in the endoscopy center until you recover from sedation. **The entire process from arrival to discharge can take 3-4 hours. Please plan accordingly, as delays can often occur.**
- Wear comfortable, loose fitting clothing.
- Please bring with you any inhalers.
- Please do not bring any jewelry or other valuable items to the endoscopy center for your procedure.

Medications:

Some of the medicines you take may need to be stopped or adjusted temporarily before colonoscopy

3-5 Days before your Colonoscopy:

- Stop Aspirin **such as** Ibuprofen.
- Stop Iron Supplements-**such as** Tandum Plus, Bifera, Ferrous Sulfate, Folic acid, Integra Plus
- Stop Arthritis medication such as Celebrex, Mobic, Ultram, Voltaren, Plaquenil, Naproxen). Do **NOT** take over the counter Aleve or Motrin.

You must speak to the prescribing physician on when you can stop taking these medications. Please do not stop taking without the consent of the physician.

- Blood thinners- **such as** Coumadin* (warfarin), Plavix (clopidogrel), Ticlid (ticlopidine hydrochloride), Agrylin (anagrelide), Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Eliquis (Apixaban), and Effient (Prasugrel).

Insulin and diabetes medications

- Please call the doctor that monitors your glucose levels. Your medications may need to be adjusted due to the diet restrictions required with this bowel preparation. The following is some information to guide you:
- If you take a pill to lower your sugar, do not take it on the day of your procedure.
- If you are taking regular insulin, do not take it on the day of your procedure.
- If you taking long-acting insulin (NPH), take half of your prescribed dose on the morning of the procedure.
- If you are taking any other insulin preparation, such as Lantus, Humalog or 70/30 insulin, contact your prescribing physician for instructions.
- **Please take ALL other prescribed medicines with a sip of water on the day of your colonoscopy.**

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You will need to pick up from your pharmacy (a prescription for:

- One (1) Colyte Bowel Prep container (PEG 3350)
- One (1) Zofran ODT tablet –for nausea

You will need to buy the following over-the-counter (no prescription is needed).

- One 64-ounce or two 32-ounce of Gatorade, Propel, Crystal Light or other noncarbonated clear liquid drink (**no red, purple or orange colors**). If you have diabetes, you may use sugar-free Gatorade or Crystal Light.
- Docolax (bisacodyl) laxative (not suppository or a stool-softener, you will need 4 tablets for the prep). (You may choose a generic brand).
- MagCitrato-2 bottles.

THREE (3) DAYS BEFORE YOUR COLONOSCOPY

Avoid high-fiber foods—such as popcorn, beans, seeds (flax, sunflower and quinoa), multigrain bread, nuts, salad/vegetables, fresh and dried fruit. Avoid fiber supplements—such as Metamucil, Citrucel.

ON DAY ONE (1) OF YOUR PREP

- **Take all your medications except ones mentioned on Page 1.**
- Continue with your routine diet.
- **At 6p.m. begin to drink the 1st bottle of Magcitrato.**
- **Drink three (3) glasses of water.**
- **Prepare** the Colyte mix by adding drinking water or any clear liquid of choice to the indicated line near the top of the gallon jug. Shake until the powder is mixed with the liquid and keep cold in the refrigerator.
- If using the drinking water as the mix, you may use the flavor packet from the pharmacy or lemonade powder for taste.
- **Do NOT** add ice, sugar or any other flavorings to the solution.

ON DAY TWO (2) OF YOUR PREP

- **Take all your medications except ones mentioned on Page 1.**
- DO NOT eat any solid foods. The **clear liquids** you can drink include:
 - Water, apple or white grape juice; fat free broth; coffee or tea (without milk or creamer); clear carbonated beverages such as ginger ale or lemon-lime soda; Gatorade or other sports drinks (not red or orange); Kool-Aid or other flavored drinks (**not red, purple or orange colors**). You may eat plain jello or gelatins (not red or orange) or popsicles (**not red, purple or orange colors**).
- **Do NOT** drink alcohol on the day before or the day of the procedure or smoke cannabis (marijuana), as this can cause interaction with sedation
- Increase your fluid intake to at least 6-8 glasses of clear liquids. This will help lessen stomach cramping.
- **At 6:00 a.m.** take 4 tablets of Dulcolax laxative pill with water by mouth.
- **At 6:15 a.m.:** begin drinking the Colyte solution. Drink one 8-ounce glass every 15-30 minutes until the gallon prep is consumed. You may drink this it directly or through a straw. **It is normal to have bloating and nausea, this is temporary and will improve one bowel movements start**
- **At 6:30 a.m.** take the Zofran ODT tablet-this will help with the nausea. Place under the tongue and allow it to dissolve and then you may swallow the remnants with saliva only.
- **You may continue** to drink clear liquids.
- **Anal irritation or flare of hemorrhoid inflammation may occur. If this happens, treat it with over the counter remedies, such as hydro-cortisone cream, baby wipes, Vaseline, or TUCKS pads.**

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ON DAY THREE (3) OF YOUR PREP

- **At 6:00 a.m.:** Begin drinking the second (2) bottle of **MagCitrato**.
- **Drink** three (3) glasses of water.
- **You may have clear liquids up to 6:30 a.m.**