



Your Procedure:

You are scheduled for a colonoscopy, a procedure in which a doctor examines the lining of your large intestine by looking through a flexible tube called a colonoscope. If growths or other abnormalities are found during the procedure, the doctor may remove the abnormal tissue for closer examination or biopsy.

Procedure Date: _____

Arrival Time: _____

Procedure Time: _____

YOUR BOWEL PREP IS EXTREMELY IMPORTANT! PLEASE READ INSTRUCTIONS CAREFULLY.

<p>1 Week Prior</p> <ul style="list-style-type: none"> ▶ Purchase the following: <ul style="list-style-type: none"> -NulLyte/TrilYTE powder prep (prescription from Dr.) -Clear liquids (no red or purple – see list for clear liquid choices) ▶ <u>Optional</u> – for sore bottom: <ul style="list-style-type: none"> -Plain or Aloe Baby Wipes -Destin or A&D ointment ▶ Arrange for a responsible adult to stay with you during the procedure and take you home post-procedure. ▶ If you take fiber supplements or medications containing iron <u>discontinue</u> those 7 days before your appointment. This includes multi-vitamins with iron. ▶ You may continue your “baby” aspirin and regular aspirin. Let us know if you are on Plavix, coumadin, or other blood thinners. ▶ If you have diabetes you have been given a Diabetic Prep Sheet. ▶ Stop taking these medications: 	<p>3 Days Prior</p> <ul style="list-style-type: none"> ▶ Begin low fiber diet. See handout for details. ▶ Stop consuming all high-fiber foods. ▶ Last chance to cancel appointment. Call your physician’s office at the number below if you need to reschedule your procedure or if you have any questions: 	<p>2 Days Prior</p> <ul style="list-style-type: none"> ▶ Continue low fiber diet. ▶ Drink at least 4 large glasses of water throughout the day. 	<p>1 Day Prior</p> <ul style="list-style-type: none"> ▶ Begin clear liquid diet. See clear liquid choice handout for suggestions and recipes! ▶ Drink at least 4 large glasses of water throughout the day. 	<p>Procedure Day</p> <p><u>2nd Part of Split Prep</u></p> <ul style="list-style-type: none"> ▶ 5-6 hours before your procedure: Drink 8 oz of prep solution every 15 minutes until the 2nd half of the solution is finished. (NOTE: This should be completed at least 4 hours prior to your procedure.) ▶ After your prep, the results should appear <u>clear yellow or clear green liquid with no solid matter</u>. If not, please call your doctor at the office or medical exchange. ▶ NOTHING by mouth at least 4 hours prior to your scheduled procedure time – including gum, tobacco, hard candy/mints! ▶ You may take your essential morning medications with 4 tablespoons (2 oz) of water, 2-4 hours prior to your procedure, unless otherwise directed by your physician. ▶ Be sure to bring the following: <ul style="list-style-type: none"> -Responsible adult driver to stay with you and drive you home. Your procedure will not start without your driver present. -Insurance Cards -Driver’s License/Photo ID -Any co-insurance fees due
<p>No solid foods after midnight!</p> 				