

PREPARATION FOR COLONOSCOPY

(Follow **ONLY** these instructions given by the GI Department)

7 DAYS BEFORE YOUR COLONOSCOPY

READ ALL PREP INSTRUCTIONS.

- ◆ **WEIGHT LOSS OR DIABETES MEDICATIONS THAT SLOW DIGESTION MAY NEED TO BE STOPPED.** Please speak with our department about instructions to hold if you are taking these medications.
- ◆ **ASK YOUR PRESCRIBING DOCTOR ABOUT WHEN TO STOP TAKING BLOOD THINNERS** such as Plavix, Xarelto, Eliquis, Coumadin, or Brulinta
- ◆ **IF YOU TAKE INSULIN,** ask your prescribing doctor about dosage for your preparation day. Do not take any insulin the day of the procedure.
- **STOP TAKING** all herbal products, oil-based vitamins, and iron supplements.
- **STOP TAKING** fiber supplements such as Metamucil, Citrucel, FiberCon, BeneFiber, or Konsyl.
- **STOP TAKING** medicine that stops diarrhea such as Imodium, Kaopectate, or Pepto Bismol.
- **STOP EATING** salads, nuts, seeds, popcorn, hard fruits, and hard vegetables.

MAKE SURE SOMEONE IS AVAILABLE TO DRIVE YOU HOME AFTER YOUR PROCEDURE.

2 DAYS BEFORE YOUR COLONOSCOPY

GET THESE ITEMS FROM THE STORE AND PHARMACY:

- **MOVIPREP BOWEL PREP** from pharmacy.
- **TWO (2) BISACODYL (DULCOLAX) TABLETS.**
- **CLEAR LIQUIDS TO DRINK FOR THE DAY BEFORE YOUR COLONOSCOPY** (no red or purple). You can find a list of approved clear liquids on your patient checklist.

FOR PATIENTS WITH DIABETES OR KIDNEY DISEASE:

USE WATER, GATORADE ZERO, OR CRYSTAL LIGHT INSTEAD OF REGULAR GATORADE.

Examples of clear liquids: (NO RED OR PURPLE COLOR)

- Broth (clear only)
- Clear hard candy
- Coffee (no milk)
- Jell-O
- Juice (clear, no pulp)
- Kool-Aid
- Popsicle
- Soda
- Tea

THE DAY BEFORE YOUR COLONOSCOPY

- **DRINK ONLY CLEAR LIQUIDS ALL DAY**
- **NO SOLID FOOD**
- **NO ALCOHOL**

- **DRINK AT LEAST EIGHT (8) OUNCES OF CLEAR LIQUIDS EVERY HOUR** while awake.
- **TAKE TWO (2) BISACODYL (DULCOLAX) TABLETS** with eight (8) ounces of clear liquid anytime during the day.
- **TO PREPARE THE MOVIPREP SOLUTION:**
 - Empty 1 pouch A and 1 pouch B into a container.
 - Add lukewarm water to the top of the container.
 - Stir the powder until it's all dissolved, and put it in the fridge.
- **BETWEEN 4 P.M. AND 6 P.M., DRINK THE FIRST CONTAINER OF THE MOVIPREP SOLUTION.** Try to drink one (1) glass every 15-30 minutes. If you start feeling too full or as if you might throw up, take a break for thirty (30) minutes, and then start drinking again.
- **AFTER FINISHING THE FIRST CONTAINER,** you need to drink sixteen (16) ounces of clear liquids.

YOU WILL GET A CALL ON THIS DAY ABOUT WHEN TO COME IN FOR YOUR PROCEDURE.

THE DAY OF YOUR COLONOSCOPY

- **NO SOLID FOOD**
- **NO ALCOHOL**
- **NO GUM OR MINTS**

- **FIVE (5) HOURS BEFORE YOUR PROCEDURE ARRIVAL TIME, MIX ANOTHER CONTAINER OF 1 POUCH A AND 1 POUCH B WITH LUKEWARM WATER.** Try to drink one glass every 15-30 minutes until you finish it.
- **AFTER YOU FINISH THE SOLUTION, YOU MUST DRINK SIXTEEN (16) OUNCES OF WATER.** Make sure to finish all of this within two (2) hours.
- **STOP DRINKING ALL LIQUIDS THREE (3) HOURS BEFORE YOUR ARRIVAL TIME.** If you don't, your procedure may be delayed or canceled.
- Take your morning asthma and seizure medications with a small sip of water.
- ◆ If you take medicine for your heart or blood pressure, please talk to our nurse before your procedure.

AFTER YOUR PROCEDURE, YOU MAY EAT YOUR USUAL DIET UNLESS YOUR DOCTOR TELLS YOU DIFFERENTLY.

YOU NEED TO DRINK ALL OF THE PREPARATION SOLUTION AS INSTRUCTED!

THIS HELPS CLEAN YOUR BOWEL WELL, EVEN IF YOU'RE ALREADY PASSING CLEAR LIQUID.



If you think the prep is not working by 10 P.M., call 856.342.2000 and ask for the Gastroenterology Fellow on call.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, DON'T HESITATE TO CALL.
(MONDAY-FRIDAY, 8 A.M.-4:30 P.M.)
Please call the location you are scheduled to have your procedure.

- CAMDEN: 856.342.2047
- MOORESTOWN: 856.533.1961
- MOUNT LAUREL: 856.380.7750
- SALEM: 856.339.6040
- WILLINGBORO: 609.589.3651

