

## 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.

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**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:**

- PLENVU PREP from pharmacy.
- **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.

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**FOR PATIENTS WITH DIABETES OR KIDNEY DISEASE:**

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

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**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**

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- **DRINK AT LEAST EIGHT (8) OUNCES OF CLEAR LIQUIDS EVERY HOUR** while awake.
  - **AT 4 P.M. PREPARE YOUR BOWEL PREP PREPARATION:** mix dose 1 pouch with sixteen (16) ounces of cold water in the container provided. Drink the dose 1 solution over thirty (30) minutes.
  - **AFTER THAT, YOU MUST DRINK TWO (2) 8-OUNCE GLASSES OF CLEAR LIQUIDS OVER THIRTY (30) MINUTES.**

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**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**

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- **FIVE (5) HOURS BEFORE YOUR PROCEDURE ARRIVAL TIME, MIX DOSE 2** by pouring pouch A and pouch B into the container provided. Add sixteen (16) ounces of water and mix it well. Drink this mixture over thirty (30) minutes.
  - **AFTER THAT, YOU MUST DRINK TWO (2) 8-OUNCE GLASSES OF WATER** over thirty (30) minutes.
  - **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.

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**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

