

About Your Colonoscopy With Four Liter Prep

What you need to know and do

A colonoscopy is an exam of the colon (large intestine or bowel) using a slim, flexible, lighted tube with a camera at the tip.

What should I eat or drink?

Three days before your procedure, you should start eating a low residue diet. (For example, if your colonoscopy is scheduled on a Friday, you would eat the low residue diet on Tuesday and Wednesday).

- **Low residue foods are easy to digest and make only a small amount of waste in your bowel. We will give you a copy of a 2-page handout which explains which kinds of foods are low residue.**

The day before your procedure:

- Complete the colonoscopy prep instructions described on this page and the next page.
- You may have only clear liquids the entire day.
- Things you can have for your liquid diet are:
 - apple juice, soft drinks (Coke, Pepsi, 7 Up)
 - Gatorade, Kool-Aid, Kool-Aid-type popsicles, Jell-O (but no red or purple)
 - tea and coffee (without lemon or cream)
 - clear beef or chicken bouillon (cube only; no more than 3 cubes for the whole day).

- Things you should not have:
 - dairy products, solid foods, or pudding pops
 - red or purple liquids of any kind
 - alcohol, cigarettes, tobacco products
 - chewing gum or hard candy.

The day of your exam:

- You may continue to drink clear liquids up to 4 hours before your exam.
- Wear loose fitting clothes, remove jewelry.

What are my colonoscopy prep instructions?

- A nurse will speak with you by phone before your exam to go over your medical history and send a prescription for Golytely or Nulytely (or generic equivalent).
- You will need to buy over the counter one bottle (1 oz) of simethicone liquid (for example, "Infants' Gas Relief Drops").

The day before your exam:

- In the morning, add 1 bottle (1 oz) of simethicone to the plastic container. Then fill with water to the top line and refrigerate.
- Between 4 p.m. and 6 p.m. begin drinking half of the prep solution. Drink one (8 oz) glass every 10 to 15 minutes. Save and refrigerate the second half of the solution for the following day.

(continued)

The day of your exam:

- Begin drinking the second half of the solution. Drink one (8 oz) glass every 10 to 15 minutes until completed. A nurse will help you calculate the time you need to start the second half of this prep.
- The prep solution will cause a rapid cleansing of your bowels and diarrhea. If you have nausea, vomiting, or bloating, drink the solution at a slower pace. But you must drink all of it.

Will I get anesthesia or sedatives?

Yes, the exam is usually done with anesthesia or sedatives. If so, a responsible adult must come with you to the appointment. This person must stay in the waiting area and drive you home.

Lower Endoscopic Medicine Guidelines

What you need to know and do

Sometime during the month before your procedure, an Endoscopy Nurse will call you. You will have a health assessment over the phone. The nurse will discuss how to handle any prescription medicines you are taking.

What medicines can I take the morning of my procedure?

You can take your prescribed medicines (except diabetic medicine and blood thinners) the morning of your procedure. Take them with a sip of water. You can take them before your procedure or bring them with you to take after the procedure.

What should I bring with me the day of the procedure?

- inhalers
- insulin
- list of medicines you are taking

What else should I do before my procedure?

Let us know as soon as possible:

- if you are taking any blood thinners besides aspirin
- if you weigh more than 300 pounds.

What do I need to do if I am diabetic?

- If you are diabetic and have been told to take a bowel prep or be on a clear liquid diet, do the following:
- If you currently take insulin, take only half your regular doses during your preparation time (unless you're told otherwise).
- When you start your clear liquid diet, stop taking your oral diabetes medicine until after your procedure, unless you are told to do something different.
- Check your blood sugar every 4 hours while you are awake.
- The morning of your procedure, do not take your diabetes medicine. But do check your blood sugar.