

COLONOSCOPY PREP INSTRUCTIONS

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Patient's Name: _____

You are scheduled for a colonoscopy on:

Date: _____

Location: _____

Note: Please read these instructions carefully and call us with any questions.

Check in Time: _____ Please arrive promptly. Procedure Time: _____.

Your procedure will start sometime after your check in, depending on your intake evaluation and the cases before you. The doctor will speak with you once before the procedure and again before you leave.

What is a Colonoscopy? This is an endoscopic examination of the inside of your colon.

Why do I need a Colonoscopy? The standard indications include:

- Screening for colon cancer or premalignant polyps.
- Unexplained iron deficiency anemia.
- Unexplained gastrointestinal bleeding or occult blood in the stool.
- Diarrhea of unexplained origin.
- An abnormality found on barium enema or abdominal CT scan.
- Inflammatory bowel disease or other conditions where an evaluation will affect management.

How should I prepare for the procedure?

1. **Arrange for a companion.** A responsible adult must bring you to the procedure, take you home and be with you for 12 hours afterwards. You may not drive or take public transportation. You may opt for no sedation; however, this is not recommended if you've had pelvic surgery.
2. **Stop certain medications before the procedure:**
 - Continue to take your blood pressure and heart medications as prescribed.
 - Stop Iron supplements 7 days before the procedure (these may interfere with inspection).
 - Blood thinners can increase the risk of bleeding and should ideally be stopped. Contact your physician or cardiologist to be sure it's safe for you to come off this medication.
 - i. Antiplatelets: clopidogrel (Plavix®), prasugrel (Effient®), and ticagrelor (Brilinta®). Ticlopidine (Ticlid®) should be stopped 5 - 7 days before.
 - ii. Anticoagulants: Warfarin (Coumadin®) should be stopped 5 days before.
 - iii. Novel oral anticoagulants (NOACs):
 1. dabigatran (Pradaxa®); stop 3 days before.
 2. rivaroxaban [Xarelto®], apixaban [Eliquis®]; stop 3 days before.
 - Diabetic medication: Contact your physician or endocrinologist for specific instructions; however, the following guidelines usually apply. On the day of your procedure:
 - i. Type 2 diabetics should not take their oral hypoglycemic medication.
 - ii. Type 1 diabetes should not take their regular insulin and should halve the dose of their long acting insulin.

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3. Obtain supplies from the pharmacy:

- Colonoscopy bowel prep kit.
- Citrate of magnesia.
- Ointment (to protect your anus from irritation caused by diarrhea).
- Simethicone (available over the counter).
- Optional: 1) Baby wipes or witch hazel pads. 2) One fresh lemon.

4. Mark your calendar and follow the instructions:

- 7 days before your procedure:
 - Confirm that you have someone to drive you and stay with you afterwards (you can tell them it will be about 3 hours). You may not travel by public transportation.
 - Stop taking iron supplements; check with your doctor about stopping prescription blood thinners or diabetic medications.
- 5 days before your procedure: Begin a low fiber, low roughage diet.

Foods to Avoid	Preferred Foods
Any food containing nuts or seeds, including breads, muffins and fruits.	White bread, rolls, croissants, Melba toast, white flour tortillas, waffles, pancakes, French toast. White rice, any pasta. Plain crackers or saltines.
Raw vegetables (brussels sprouts, corn, cabbage, broccoli, peas, sauerkraut).	Peeled, cooked potatoes. Well-cooked or canned vegetables. Pureed cauliflower.
Granola, Raisin bran, Grape nuts	Rice cereal, eggs.
Apples, oranges, strawberry, kiwi, raspberry, blackberry, dried fruit	Applesauce, ripe honeydew, cantaloupe or banana. Canned fruit without seeds.
Crispy bacon, Beef Jerky.	Cooked chicken, turkey, ground beef, ham, pork, fish or seafood.
Corn in any form, especially no popcorn.	

- 3 days prior: Verify you've obtained the prescription and supplies from your pharmacy.
- 2 days prior: Eat light during the day. Do not eat any solid foods after 7 PM.
 - Begin clear liquids today if you have chronic constipation or a history of a suboptimal prep.
 - Take citrate of magnesia at 7 PM. *Note: If you have advanced chronic kidney disease, you should not take citrate of magnesia.*
- 1 day prior: Follow a clear liquid diet (don't drink anything you can't see through).

Liquids to Avoid	Preferred Liquids
Red, blue or purple colors.	Drinks from powdered mixes; Kool-Aid®, Crystal Light®.
Creamy soups.	Carbonated beverages: Seven-up®, Mountain Dew®.
Alcohol.	Sport drinks (Gatorade®, Powerade®, etc.)
Coffee (substitute a caffeinated beverage, e.g. Mountain Dew, to avoid a caffeine withdrawal headache).	Popsicles without milk or added fruit.
Milk (dairy, soy or almond).	Plain or flavored gelatin, sorbet, Jell-O®
	Light colored tea, green tea.
	Honey, sugar, hard candy.
	Pulp free clear juices

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BOWEL PREP: Follow these directions and not those recommended by anyone else.

Two days before your procedure:

- At 7PM: Drink the citrate of magnesia over 15 to 30 minutes. Follow with one 8 oz. glass of water.
- Do not eat any solid food after this point.

The day before your procedure: ingest only clear liquids and take the colon prep as directed.

Polyethylene glycol 3350 with electrolytes oral solution (GoLytely® or NuLytely®). In the evening before your procedure, fill container with water to 4-liter fill line (if you purchased NuLytely®, first add the contents of the flavor powder). After capping the container, shake vigorously several times. Do not refrigerate. Follow the split dose (2-Day) regimen:

- **At 6PM before your procedure:** Drink 8 oz. (240 mL) every 10 minutes, until 2 liters are consumed. You may continue to drink clear liquids.

The day of your procedure:

- **Starting five (5) hours before your procedure,** Add 1 teaspoon of simethicone (40 mg/0.6 mL) to the remaining 2 L prep. Drink 8 oz. (240 mL) every 10 minutes, until the remaining 2 liters are consumed. Complete this step at least 2 hours before your arrival time.

If you opted to take Clenpiq® instead of PEG 3350 because you cannot tolerate it or prefer a lower volume prep, follow these instructions instead:

Two days before your procedure:

- At 7PM: Drink the citrate of magnesia over 15 to 30 minutes. Follow with one 8 oz. glass of water.
- Do not eat any solid food after this point.

The day before your procedure: ingest only clear liquids and take the colon prep as directed.

Clenpiq® Bowel Prep Kit (Two 5.4 oz. bottles); Follow the Split Dose (2-Day) Regimen:

The evening before your procedure:

- Drink one 5.4 oz bottle, then drink at least 5 (five) 8 oz. cups of water within 5 hours.

The morning of your procedure:

- Starting five hours before your colonoscopy, drink the contents of the other 5.4 oz bottle. Then drink at least 3 (three) 8 oz. cups of water; add 1 teaspoon of simethicone (40 mg/0.6ml) to the second glass of water.
- With the lower volume preps, it is important to drink water to avoid dehydration. Complete the prep at least 2 hours before your arrival time.

WORDS OF WISDOM, and from previous patients ...

- To reduce anal irritation: Apply protective ointment to the anal orifice before starting your prep. Use wet wipes, baby wipes or witch hazel cleaning cloths, rather than toilet tissue.
- Do not put the prep in the refrigerator; this lowers your core body temperature.
- Plan to be near a bathroom.

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- Expect a bowel movement within 30 minutes of starting the prep. The stool may be normal at first, and it should become progressively loose, to watery and then clear.
- An effective preparation removes all content from the colon. It produces a pale yellow, watery clear diarrhea and without flecks of stool. If your colon is not properly cleansed, it may result in your procedure being aborted. This can occur even if you took the prep correctly (less than 1%).
- Suck on a lemon before drinking each glass; this can cut the taste and help you take the prep.
- If you become nauseated and vomit, wait for the nausea to subside and then resume the prep. If you continue vomiting or develop severe abdominal pain, stop taking the prep and call our office.
- Don't be alarmed if you thought you were clear the night before, but see yellow diarrhea with flecks with the morning prep; the prep is doing its job clearing out bile that accumulated in your colon overnight, along with any residual debris missed by prior evening's prep.
- You may continue to drink water, but do not drink anything within 2 hours of your procedure.
- Take your blood pressure or heart medications with 4 oz. of water after finishing the prep.
- Leave jewelry and body piercings at home.
- Plan on resting the remainder of the day.
- Do not drive, operate machinery or make important decisions for 12 hours after your procedure.
- Ease back into eating; start with a light meal and gradually return to your normal diet.