

# Hernando Gastroenterology Associates

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"Competent care with compassion,"

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## COLONOSCOPY PREPARATION INSTRUCTIONS PEG 3350/TRILYTE/COLYTE/NULYTELY

### ONE WEEK BEFORE PROCEDURE

Stop taking iron supplements, fish oil and vitamins containing iron

### TWO DAYS BEFORE PROCEDURE

Do not eat cabbage, corn, beans, lettuce, seeds and nuts. Stop taking bulk forming agents such as Metamucil, Fibercon, Konsyl and Colon Care capsules.

ONE DAY BEFORE PROCEDURE: Start on a clear liquid diet in a.m. after a light breakfast (example: eggs, toast, coffee) Drink 8 ounces of clear liquid every hour. \*\* \*Be sure to mix bowel prep according to directions on the container and refrigerate 2-12 hours prior to 6:00 p.m.

\*\*\*\*\*AFTERBREAKFAST: NO SOLID FOOD, ALCOHOL, DAIRY PRODUCTS OR DAIRY SUBSTITUTES. NO LIQUID W/PULP OR PURPLE OR RED TNCOLOR\*\*\*\*\*

### LIQUIDS ALLOWED:

Regular or decaffeinated tea or coffee, any clear carbonated beverages (ex: sprite, ginger ale), Gatorades and sports drinks (no red or purple) fruit juices allowed: apple, cranberry, grape, cranapple (red cranbeny is ok), Jell-O, NO RED -DO NOT ADD FRUIT OR VEGTABLES), Popsicles, (PLAIN, NOT CREAMY OR FRUITY, NO RED), broth or bouillon.

6:00 p.m. \*\* \*drink 8 oz of prep solution every 15 minutes until about 1/2 of solution is consumed.\*\*\*

Place remainder of solution into the refrigerator

9:00 p.m. drink 8 oz .of a clear liquid of your choice.

10:00 p.m. drink 8 oz. of a clear liquid of your choice.

### DAY OF COLONOSCOPY:

NO SOLID FOOD and NO ALCOHOL

\* \*Beginning 5 hours before your scheduled procedure time, drink the remaining bowel prep solution. Drink 8 oz. of solution every 15 minutes until the remainder of the solution is consumed.\*\*

You may continue to drink clear liquids until 3 hours before your scheduled procedure time.

You should take your heart medications (excluding Plavix, Coumadin, Eliquis and Pradaxa), blood pressure medications and medications for lung problems on the day of the exam with a sip of water. All other medications should not be taken until after procedure.

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\*\*\*\*\*Prescribed Blood thinning medications need to be DISCONTINUED\_\_\_\_\_ prior to procedure unless otherwise instructed.(warfarin, Coumadin, Pradexa, Plavix and Xarelto)\*\*\*\*\*

\*\*\* \*\*DIABETICS take HALF your normal dose the day before your procedure and NONE the day of procedure.

\*\*\* \*Please let office know if you have had a cardiac stent inserted within the last twelve months

\*\*\*You may continue taking aspirin and aspirin products unless specifically instructed not to by your physician. Do not stop taking prednisone, methotrexate or enbrel.

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If you are unsure about taking any medication in conjunction with your procedure, please do not hesitate to call our office.

You **MUST** have a driver for the procedure. You **MAY NOT** drive yourself.

**DO NOT** complete the bowel prep the day before procedure. Please drink the second dose on the day of the procedure. This will clean out the colon much better than drinking all the prep the day before. **DO NOT** follow the package instructions - use our instructions.

\*\*\* \*If you have trouble drinking at the pace of every 15 minutes, please slow down to every 30-60 minutes. It is counterproductive if you throw up the solution. It is not a race. The goal is to drink all of the solution so it can do it's job.

**TIPS FOR IMPROVED BOWEL PREP**

\*\* \*Bowel prep solutions taste best well-chilled.

\*\*\*You may add Crystal Light (NO RED) or tea bag to mask the taste.

\*\* \*Drink the whole dose quickly rather than sipping small amounts.

\*\* \*If lukewarm liquids are preferred, remove the dose from refrigerator 15-30 minutes before drinking.

\*\* \*Rinse mouth with water, clear soda or mouthwash after drinking.

\*\* \*Suck on hard candy or lollipops (NO RED OR PURPLE). Suck on lemon drops to reduce nauseous feeling.

**TIPS TO AVOID A SORE BOTTOM FROM FREOUENT BOWL MOVEMENTS**

\*\*\* Apply diaper rash cream/zinc oxide liberally after each trip to bathroom.

\*\*\* Avoid rubbing; gently pat area with wet washcloth or pre-moistened wipe or rinse with water.

\*\*\* Wipe with refrigerated Tucks or Fleet relief pads (available over the counter).

Please arrive at **Hernando Endoscopy and Surgery Center** for your procedure. (Next to Dr. Kanuri's office)

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Tel 352-596-4999

DATE OF PROCEDURE \_\_\_\_\_

ARRIVAL TME\_\_\_\_\_ PROCEDURE TIME\_\_\_\_\_

PATIENT SIGNATURE\_\_\_\_\_ MEDICAL ASSISTANT\_\_\_\_\_