

## **Colonoscopy and Prep Instructions**

Your procedure is scheduled on:			Arrival time:	
Location o	of procedure	[Endo site 1	[Endo site #3]	
Cancellation Policy: [Insert Cancellation Policy]		[Endo site 2	[Endo site 4]	
	Pleas	Prep Instructions t: Avoid Failed Prep or Need for Repeat Proced e watch detailed Video Instructions and FAQ at ANJLLC.com -or- Scan QR code		
The Week BEFORE Colonoscopy	<ul> <li><u>Stop</u> taking Iron-containing vitamins and medications</li> <li><u>Stop</u> the following blood thinners <u>if</u>, and only <u>if</u>, the Prescribing Physician approves for the number of days s/he allows: Plavix, Clopidogrel, Effient, Brillinta, Coumadin, Warfarin, Pradaxa, Xarelto and Eliquis. Please notify GI office in advance if prescribing physician does not approve stopping any of these meds.</li> <li>Okay to continue Anti-inflammatory medications, such as aspirin, ibuprofen, Motrin, Aleve, and Tylenol.</li> <li>2 days before exam: Avoid high-fiber foods: fresh/dried fruit, vegetables, seeds, nuts, marmalades.</li> </ul>			
The Day BEFORE Colonoscopy	Between 5-9 am	• ½ cup of milk		
	9 am	Begin and remain on a strict CLEAR LIQUID	Diet (see table on next page)	
	3 pm	<ul> <li>Take 2 (of 4) prep pills (Bisacodyl) by mouth with Clear Liquids</li> <li>Mix the entire bottle of ClearLax powder and the sleeve of Crystal Light (or any clear liquid you wish to use) with 64oz of water. Stir until dissolved. Chill with ice or in refrigerator.</li> </ul>		
	Between 3-6 pm	• A straw may beln. If you become nauseated or yomit take a 30 min, break, then continue		
	9 pm	<ul> <li>Take the last 2 prep pills (Bisacodyl) with 0</li> <li>Continue drinking Clear Liquids. It is very in</li> </ul>	•	
The Day of Colonoscopy	<ul> <li>4 hours prior to your arrival time, Pour the entire 10oz bottle of Magnesium Citrate over ice and drink. Note: This may be in the middle of the night or very early morning.</li> <li>TAKE NOTHING BY MOUTH WITHIN 3 HOURS OF YOUR ARRIVAL TIME.</li> <li>You may take critical medications with Clear Liquids up until 3hrs. before your arrival time.</li> <li>For afternoon arrival times, you may continue Clear Liquids until the time you take the MagCitrate.</li> <li>You must have someone to drive you home or accompany you home on public transportation. If your procedure is in the afternoon, your driver must remain at the facility during the procedure.</li> <li>You must not drive or be responsible for important decisions until the <u>morning after</u> your procedure.</li> </ul>			

## Clear Liquid Diet List:

- Gatorade<sup>®</sup>, Powerade<sup>®</sup> (sports drinks with electrolytes are recommended to help with hydration)
- Water, tea, or coffee (No cream or milk; sugar is ok)
- Broth or Bouillon
- Jell-O<sup>°</sup>, Popsicles<sup>°</sup>, Italian ice (no fruit or cream added)
- Apple, white grape, or white cranberry juice (No orange, tomato, grapefruit, prune, or any juice with pulp)
- Soda such as Sprite<sup>®</sup>, 7-Up<sup>®</sup>, ginger ale, or any cola
- Clear hard candy, gum
- Lemonade (with no pulp), iced tea
- Avoid all red liquids—they can look like blood in the colon!

Important Notes and Helpful Hints:

- 1. Nothing by Mouth within 3hrs. of your arrival time. This includes clear liquids, candy, and gum. Taking anything by mouth within 3 hrs. of arrival will cause a delay or cancellation of your procedure.
- Your exam will only be as good as your colon prep. A good sign that the prep has been effective is the transition to clear/yellow, watery bowel movements. If, 2 hrs prior to your arrival time, your bowel movements are <u>not</u> clear/yellow (that is, if they are still solid or mostly brown), please call the phone number below for instructions.
- 3. Many patients find that chilling the laxative and drinking through a straw improve tolerance.
- 4. Use the baby wipes included with the prep instead of toilet paper. A small packet of Vaseline is also included in case of a sore bottom.
- 5. Remain close to toilet facilities as multiple bowel movements may occur. The prep often starts working within an hour but may take many hours to start working.
- 6. You may take oral medications with water during the prep and up to 3 hours before arrival time.

**Diabetic patients:** 

- 1. Hold (do not take) your diabetic medication the morning of the colonoscopy.
- 2. Use sugar free drinks for liquids (like the included Crystal Light) during the prep to avoid increases in blood sugar. Monitor and control your blood sugar closely during your prep to prevent low and high blood sugar. Note: Your procedure may need to be cancelled if your blood sugar is over 300mg/dl on arrival.



## **FDA** labels

Bisacodyl (prep pill)

**Crystal Light Label** 



Important: Most re-do exams could have been avoided by watching Video Prep Instructions & Frequently Asked Questions at:



Scan QR code  $\rightarrow$ 



If you have watched the video and still have a question, please call your GANJ office.

There may be slight variations between video and paper instructions. When in doubt, patients should adhere to paper instructions and/or their physician's instructions.