

# **Colon Prep for Morning Procedure**

(Arriving at Hospital before 10am)

*Gastroenterologists, P.C.*

**Please read both pages of these instructions carefully several days before the procedure.**

You must follow the instructions exactly in order to cleanse your colon before your procedure. If your colon is not properly prepared, it may result in cancellation of your procedure. You will be given a prescription for the oral colon purge solution (*Peg, GoLyte, NuLyte, CoLyte, or TriLyte*) and you will need to purchase an over the counter laxative (*Dulcolax*). ***Please note, If you need to move start time for drinking the prep up or back an hour, then adjust the other times the same amount.***

***\*4 Days prior to procedure:***

**Avoid high fiber foods** such as corn, nuts, tomatoes, lettuce, bran cereals, etc. **Drink extra clear liquids all day.**

***\*1 Day prior to procedure:***

You are to have **clear liquids only the entire day before your procedure and are encouraged to drink liberally, at least 10 (8 oz.) glasses, throughout the day.** Clear liquids include: broth, tea, plain Jell-o(no fruit), punch, Kool-Aid, Sprite, 7-up, clear juices (i.e. apple or cranberry) sports drinks, flavored waters or Popsicles. If you drink or consume red colored products, you may experience red colored bowel movements so this is not advised. **You may have clear liquids up until the time of your procedure.**

***\*At 3pm the Day prior to procedure:***

**Take 1 Dulcolax tablet every 10 minutes with an 8 oz. glass of water until you have taken a total of 2 tablets (over the counter, no prescription needed).**

**Colon purge solution preparation:** Follow the instructions on the colon purge solution for filling with water. Shake well. Do not add sugar or flavorings, unless given to you at the pharmacy. Do not add ice or chill solution, drink the purge solution at room temperature.

***\*At 6pm the Day prior to procedure:***

**Begin drinking the colon purge solution. Drink an 8 oz. glass every 5-10 minutes (total of 8 glasses or half the total volume). Put the rest in the refrigerator for later.** It is best to drink the whole glass quickly rather than sipping small amounts continuously.

Feelings of bloating are common after the first few glasses because of the large amount of fluid ingested. This is usually temporary and should disappear once bowel movements begin. If you experience nausea or cramping, stop drinking for 15 minutes. Try drinking warm tea, broth, or hard candy, and then begin again. Your stools should begin after the first 4-6 glasses. Continue drinking once the stools have begun. They should become more and more liquid and lighter in color.

***Take remaining purge solution out of the refrigerator 1/2 hour prior to drinking your second dose.***

***\*At 9pm the Day prior to procedure:***

**Start drinking the rest of the colon purge solution as above; continue until the solution is all gone.**

The prep is not complete until the stools are clear or light yellow water.

***\*(An alternative would be to drink this second dose of prep very early on the morning of the procedure.***

***You would need to drink this at least 3-4 hours before you are due to arrive at the hospital.)***

# **Colon Prep for Morning Procedure**

(Arriving at Hospital *before 10am*)

*Gastroenterologists, P.C.*

If you experience any difficulty with the prep, call the Endoscopy Unit at the number below.

You may call any time day or night. An endoscopy nurse is on call 24 hours a day. For more information and directions to the Endoscopy Units listed below see the “**services**” page at [www.IowaGastro.com](http://www.IowaGastro.com).

**Mercy Endoscopy Unit:**                      398-6484 (7am-5pm)                      after 5pm: 533-2205

**St. Lukes Endoscopy Unit:**                      369-7301

**Surgery Center Cedar Rapids:**                      558-4800 (6am-4pm)                      after 4pm: 533-7136

## **IMPORTANT POINTS**

--You must have a driver available to take you home once the procedure is completed. **NO CABS OR BUSES.** The procedure will be cancelled if you do not have a driver to take you home. Your stay will be approximately 2 1/2 to 3 hours.

--You will need a responsible adult to stay with you after your procedure for the remainder of the day.

--If you are on Plavix, Coumadin, Lovenox, or Ticlid, please talk to your doctor well in advance to the procedure.

--**DO NOT** use Advil (Ibuprofen), Aleve (Naproxen), Relafen, Mobic, Motrin or other NSAIDs for 5 days prior to procedure.

--**DO NOT** use Aspirin or Fish Oil for 7 days prior to procedure. You may take Tylenol.

--Please take necessary prescription medications, such as blood pressure and asthma medications, with a small amount of water in the morning of the procedure.

--Stop iron supplements at least one week before your procedure. This includes vitamins with iron.

--Stop FIBER supplements 2 days before the procedure. This includes METAMUCIL, CITRUCEL.

--Leave valuables at home.

--Bring a list of your medications and allergies with you.

--Contact your insurance company and confirm the details of your coverage and pre-certification.

--Bring your insurance and/or Medicare cards.