

DR. JIRI BEM: PATIENT PREPARATION FOR A COLONOSCOPY

COLONOSCOPY: A complete lower GI examination to look at your whole large colon.

INSTRUCTIONS FOR PREPARATION OF A COLONOSCOPY:

The colon must be completely cleansed and empty. This is achieved by drinking the bowel cleansing solution given or prescribed to you. Failure to follow these instructions could lead to an unsuccessful colonoscopy that might have to be repeated.

The day prior to the procedure:

Follow a clear liquid diet:

You MAY have (examples)

Clear soda (ginger ale, Sprite)
Jello-O (yellow, orange, green)
Chicken broth (nothing in it)
Clear juices (apple, white cranberry)
Black coffee/tea (no cream)
Popsicles (not red or purple)
Gatorade/Powerade (clear or yellow)

Do NOT have (examples)

Alcohol
Red or purple Jell-O
Beef broth
Milk or milk products
Yogurt or pudding
Fudgsicles
Cream soups

Start drinking half of the bowel cleansing solution at 6 p.m. Drink 8 oz. every 10 to 15 minutes until it is gone.

The day of the procedure:

Start drinking the last half of the bowel cleansing solution **4 hours before your scheduled arrival time**. Drink 8 oz. every 10 to 15 minutes until it is gone.

Make sure to stop drinking the bowel cleansing solution or any clear liquids 2 hours before your arrival time for the procedure.

It is **ABSOLUTELY NECESSARY** to drink the entire bowel prep solution to prevent the retention of stool – This prep will cause you to have loose, watery bowel movements. The use of baby wipes instead of toilet paper helps decrease the skin irritation frequent bowel movements may cause.

If you need to cancel or change your appointment, please call us 24 hours in advance.

Medications: STOP ASPIRIN AND PLAVIX 7 DAYS BEFORE THE PROCEDURE, AND COUMADIN 5 DAYS BEFORE THE PROCEDURE UNLESS OTHERWISE DIRECTED BY YOUR PRIMARY CARE

PHYSICIAN OR SURGEON. Continue your usual medications as scheduled. You may take your medications the morning of the procedure with a small amount of water.

FOR DIABETICS: If you are diabetic taking insulin injections, administer one half your usual dose the day of the procedure. Unless told differently by your physician, continue your usual dose the next day after the procedure. Do not take oral diabetic medications the morning of the procedure.