

## Extended Colonoscopy Prep Instructions

### **IT IS IMPORTANT THAT YOU FOLLOW THESE INSTRUCTIONS, IN PLACE OF BOTTLE INSTRUCTIONS**

The large intestine, or colon, normally has debris throughout and requires cleansing prior to this examination. It is important to have a clean colon without debris for this examination. This test requires everyone to undergo a preparation prior to the procedure. By the end of this prep, you should be moving your bowels so that only clear to yellow liquid is passing. If your colon is not properly cleansed, this examination may miss important findings. ***If the preparation is not good, you may be required to repeat the preparation and undergo the procedure again. Read all instructions now.***

#### **Special Instructions (TO BE ADDRESSED IMMEDIATELY)**

If you are on a GLP-1 medication such as Ozempic, Wegovy or Mounjaro medication, do not have your medication for 7 days prior to the scheduled appointment. Please call our office if the appointment time is prior to the 7 days.

#### For Patients with Heart Defibrillators or Central Venous Access Devices:

Please call our office as soon as possible and inform the scheduler or nurse that you have a defibrillator or central venous access device (ports or catheters).

#### For Patients who take blood thinners (such as Coumadin, Plavix, Heparin, Lovenox, Aggrenox, etc.):

- We do not routinely stop these medicines for colonoscopy.
- In most cases, biopsies and removal of small polyps can be safely done on patients taking blood thinners.
- You may require additional testing, including repeat colonoscopy for removal of larger polyps.
- *Please do not assume that you can safely follow the same medication adjustments that have been made for your previous procedures.*

#### For Patients who have diabetes:

- **Please call your doctor and inform them that you are undergoing a colonoscopy examination to discuss if your diabetic medicines need to be adjusted for the change in your diet (clear liquids) two days before and on the day of the procedure.**
- Check your blood sugars frequently throughout the day when you are drinking your prep solution.
- Check your blood sugar the day of the procedure prior to leaving home.

#### **General Instructions**

##### **Seven Days prior to the Colonoscopy**

1. Stop Iron, Multivitamins with Iron, and any herbal supplements.
2. Purchase 1 bottle of Miralax (over the counter). Mix and take as directed on the bottle. Take 1 dose every morning for 7 days prior to your scheduled appointment. The last dose taken will be the day before the scheduled appointment.
3. Diet instructions: Avoid foods with seeds, nuts, uncooked vegetables, lettuce, and red liquids.

##### **Three Days prior to the Colonoscopy**

1. Fill your prescription for solution (Trilyte, Nulytely, Golytely, etc.) at your pharmacy.
2. Purchase over-the-counter laxative (Bisacodyl) tablets and you may also purchase gas tablets (Gas X, Mylanta Gas), both are sold over the counter.

### **Two Days prior to the Colonoscopy**

1. Please eat a light breakfast (toast, eggs, etc.) prior to 9:00am. After 9:00am, drink only clear liquids (**No Solid Food**). Clear liquids include: coffee, hard candy, tea, water, soft drinks, apple or white grape juice, sport drinks (like Gatorade), KoolAid, clear broths, popsicles, flavored ice slushes or Jell-O. Please do not drink red, blue, or purple colored liquids. Gatorade is preferred. **NO ALCOHOL. DO NOT USE ANY KIND OF CREAMERS.**
2. Drink at least 8 ounces of clear liquids per hour throughout the day (remember that you have all day to just drink liquids).
3. At 10:00am, take 2 over-the-counter laxative (Bisacodyl) tablets.
4. Stop arthritis medications (such as Motrin, Aleve, Ibuprofen, Celebrex). It is OK to take Tylenol.
5. Arrange to have a driver with you on the day of the procedure. We prefer that your driver stays in the waiting room throughout your procedure so that the driver is available at the time of discharge to hear the instructions that are given.
6. Continue to drink clear liquids throughout the evening.

### **Day Prior to the Colonoscopy (PLEASE SEE HELPFUL HINTS)**

1. Please continue a clear liquid diet throughout the day.
2. Drink at least 8 ounces of clear liquids per hour for 8 hours prior to drinking the solution (remember that you have all day to just drink liquids, you must be careful to not be dehydrated).
3. At 5:00pm, start drinking your solution (Trilyte, Nulytely, Golytely, etc.). Drink one glass (8 ounces) every fifteen minutes and stop when you have finished half of the bottle (two liters or half gallon). Place the remaining solution back in the refrigerator for tomorrow.
4. Continue to drink clear liquids through the evening.
5. Between 9:00pm and 10:00pm, you may take 2 gas tablets (Gas-X, Mylanta Gas).

### **Day of the Colonoscopy (PLEASE SEE HELPFUL HINTS)**

1. Please take your regularly scheduled medications.
2. **FOUR** hours prior to your arrival, drink the remaining solution as above (Step 3). If your procedure is scheduled in the early morning, you'll need to get up in the middle of the night to take the preparation. The correct timing is essential to an effective preparation.
3. You may continue to drink clear liquids up until **TWO** hours prior to your arrival time.
4. Arrive **ONE** hour before your scheduled time.
5. Bring your insurance card(s) & picture ID
6. Please leave any valuables at home.
7. Although we take the necessary steps to maintain your safety, our procedures are not without risk. Please have definite arrangements for a responsible person to take you home. We ask that the person you select be able to stay on the premises in the event that an emergency should occur. **– If your driver cannot be confirmed, your procedure will not be completed with sedation/may need to be rescheduled.**

### **Helpful Hints**

- Try sucking on hard candy between each glass.
- Squeeze fresh lemon or lime juice in each glass. Some people bite into a lemon before drinking each glass. Drink the solution with a straw.
- If chilling, nausea, vomiting or cramping occurs, stop drinking the solution for thirty minutes, then try again.
- If the rectal area becomes irritated, you can apply zinc oxide cream (Desitin) to the area as often as needed.
- Moist, flushable wipes (unscented or with aloe) are also available on grocery shelves. Use these instead of regular toilet tissue.

### **Questions**

- Visit our Website: [www.ohiogastro.com](http://www.ohiogastro.com).
- Call the office during regular business hours (8:00am to 4:30pm) at (614) 754-5500.