

Optical Colonoscopy Prep Instructions

Front Desk Phone: 301.295.4600

Procedure Date:	ARRIVAL TIME:	Procedure Time:
Scheduler's Name:	Scheduler's Phone:	Scheduler's Email:

FREQUENTLY ASKED QUESTIONS

Do I need an escort/driver on the day of my procedure?

Yes. **Your Colonoscopy will be canceled if you do not have an escort.** Your escort must be with you when you check in for your procedure and stay the entire time you are here.

What should I bring for my procedure?

A Military or photo ID. Leave all valuables (i.e. jewelry, cellphone) at home or with your escort. We are not responsible for personal belongings.

When do I start the bowel prep laxative?

Bowel preps start the **1-2 days BEFORE** your procedure. Please follow the instructions provided by your Scheduler. **Do not follow the instructions on the bowel prep box.**

How long will the procedure take?

The procedure time could vary. You and your escort should plan on being here for 4 hours. Gastroenterology opens at 7:00 am and closes at 4:00 pm.

If biopsies are taken, when will I get the results?

You should hear from your provider within 3 weeks.

Can I drive or go back to work after my procedure?

Do not drive for 24 hours following your procedure. Refer to your discharge instructions for additional instructions.

What type of foods should I limit prior to my procedure?

Reduce fiber intake 3-5 days before your procedure. Avoid raw fruits/veggies, salads, nuts/seeds, oatmeal, fiber bars/cereal. The day before your procedure, you will begin a clear liquid diet. Avoid drinks that are red or orange.

What medication should I avoid before my procedure?

Follow the medication instructions from your gastroenterologist. Below are some general recommendations:

1. **Discontinue** oral iron and fiber supplements (Metamucil, Citrucel, Fibercon, etc.) 5 days before your procedure.
2. **Continue** heart and blood pressure medications **as prescribed**. Notify your physician if you take blood thinning medication.
3. Diabetes patients:
 - Check with your physician regarding your diabetes medications, especially if you take insulin.
 - Stop taking Metformin (Glucophage) 24 hours before your procedure.
 - Stop any other oral diabetic medications the morning of your procedure.
 - Check your blood sugar before arriving for your procedure. If it is 70 or below, please inform the staff immediately upon your arrival.

Diet and Bowel Prep Instructions

Do not follow any other diet or bowel prep instructions!

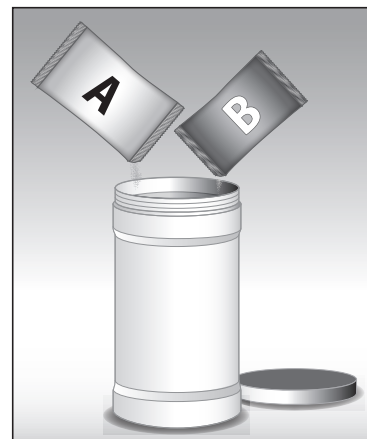
THE DAY BEFORE YOUR EXAM

1. START A CLEAR LIQUID DIET (no solid food):

- Coffee, tea
- Clear juice **without** pulp (apple juice, white grape juice, lemonade)
- Broth, bouillon
- Sports drinks (Gatorade, PowerAde)
- Powered drinks (Kool-Aid, Crystal Light)
- Gelatin **without** fruit/toppings (Kraft, Royal).
- Popsicles
- Carbonated soft drinks (cola, lemon-lime, ginger ale, root beer; diet or regular)
- Drink plenty of fluid throughout the day to avoid dehydration (a minimum of 8 ounces every hour).
- **NO** red or orange products, dairy or pulp.

2. PREPARE YOUR BOWEL PREP SOLUTION.

1. Empty **one pouch A** and **one pouch B** into the disposable container.
2. Add lukewarm water to the top line.
3. Mix to dissolve.
If you prefer, the solution can be refrigerated before drinking. The solution should be used within 24 hours.



3. START TAKING YOUR BOWEL PREP SOLUTION AT 5:00 PM (or as close to 5:00 PM as possible). Be sure you are close to the restroom before you begin.

- The bowel prep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 ounces).
 - It will take 1 hour to finish the full container of bowel prep. During this hour, take 3 tablets of your prescribed simethicone at the same time.
- You may need to use the bathroom after only a couple of glasses of bowel prep, but be sure to drink **ALL** of the solution as instructed above.
- Drink at least 16 ounces of clear liquids after completing the entire bowel prep container.

4. PREPARE A SECOND CONTAINER OF BOWEL PREP to use the next morning.

THE DAY OF YOUR EXAM (You should still only be drinking clear liquids. **NO SOLID FOOD.**)

1. DRINK YOUR SECOND CONTAINER OF THE BOWEL PREP SOLUTION (as described above, including the 3 tablets of simethicone and the 16 ounces of clear liquids after completion).

- Your bowel prep should be finished 3-5 hours before your procedure time. Depending on the time of your procedure, you may need to get up early in the morning to complete the bowel prep by the recommended time shown below.
 - If your procedure begins **before** noon, **STOP drinking all liquids at 5:30 am.**
Do not drink anything, including water, after this time.
 - If your procedure begins **after** noon, **STOP drinking all liquids at 11:00 am.**
Do not drink anything, including water, after this time.
- Your stool should appear clear like water or lemonade. If your bowel movements do not appear this way, you may need to reschedule your procedure.