

GUIDELINES TO FOLLOW WHEN HAVING A COLONOSCOPY

**Please read the following GUIDELINE very carefully prior to your procedure:**

- If you are scheduled at Berks Center for Digestive Health, an assessment nurse may contact you 1 week prior to ask if there are any changes to your medical history, including specialist visits and hospital or emergency room visits and/or prescription medications since your office visit or your phone assessment with the nurse.
- You are on a **CLEAR LIQUID DIET** from the time you start your prep until 4 hours before the report time.
- You must have **NOTHING** by mouth starting 4 hours before your report time.
- If you are on insulin, you need to talk to the provider that monitors your glucose levels for instruction on regulating the medication prior to your procedure. If you are on oral diabetic medications, take your medicine in the morning on **PREP DAY**, but **NOT** in the evening on prep day or on **EXAM DAY**.
- If you are on **BLOOD THINNERS**, follow the instructions that were given at the time of your office visit or during your phone assessment. If your doctor does not allow you to temporarily stop blood thinning medications notify our doctors immediately so they can decide how to proceed.
- There is no need to stop aspirin or NSAIDS (Motrin, etc) as you may have been told in the past.
- You are **REQUIRED TO HAVE A RESPONSIBLE PARTY** over the age of 18 come with you and remain in the facility until you are discharged.
- You **MAY NOT** use public transportation unaccompanied.
- You **CANNOT** drive a vehicle for the remainder of the day after having a colonoscopy.

**A clear liquid diet is important because:**

1. Liquids with calories combat hunger all day, the more liquids you consume from the approved list, the less likely you will feel the symptoms of starvation later in the evening.
2. Liquids combat dehydration and symptoms of it such as headache, dizziness, lethargy, fatigue, constipation, irritability and racing heart.
3. Liquids are liquefying to your stools and help with accelerating your response to the prep and ensuring a complete and perfect cleanout.

**Special Note: If you have an advance directive (Living Will) please bring it with you the day of your procedure.**

**NOTE: We reserve the right to cancel your procedure if the instructions are not followed**

**If you have any questions or you are unable to complete most of the prep given or have not moved your bowels, please call the office IMMEDIATELY at 610-374-4401 or after 4:45PM at 610-607-1729 to speak with the on-call physician.**

**Gallon Prep PM Appointment**

**Date of Procedure:** \_\_\_\_\_

**Place of Procedure:** \_\_\_\_\_

**Report Time:** \_\_\_\_\_

**Procedure Time:** \_\_\_\_\_ **\*\*Procedure time may change**

**Additional Instructions:** \_\_\_\_\_

**Five (5) days before your colonoscopy:**

- Do not take medications that contain fiber, including fiber supplements (Ex: Metamucil, Citrucel, etc) and vitamins
- Do not take medications or vitamins that contain iron
- Pick up your bowel prep kit at your pharmacy
- Avoid nuts, popcorn (as well as regular corn), fruits, and seeds

**One (1) day before your colonoscopy: (PREP DAY)**

- Only drink **CLEAR LIQUIDS** the entire day before your procedure. **DO NOT EAT ANY SOLID FOODS.** Drink as many clear liquids as you want on PREP DAY. In fact drink large amounts of clear liquids to avoid dehydration and to make the laxatives work better.
- Try to consume as many liquid things with calories before 6 pm on the day you start drinking the laxative prep.

**Approved Clear liquids include:**

1. **Water, apple juice, or white grape juice**
2. **Clear broth**
3. **Soft drinks: soda, Gatorade, non-pulp lemonade, Kool-aid**
4. **Hot or iced tea or coffee**-no cream, milk or powdered creamer
5. **Jell-O**
6. **Popsicles (without fruit), sorbet, Italian ice**

**\*\*Do not drink alcohol**

**\*\*No red or purple products, orange is OK.**

- You may **NOT** have hard candy, lifesavers, mints or gum after 12 midnight. No chewing tobacco after midnight.
- Plan on being home during your prep

**4-6 PM THE DAY BEFORE YOUR PROCEDURE: START PREP!**

- Mix the solution with lukewarm water. After the solution is mixed, refrigerate the prep until ready to use.
- DO NOT add ice or anything to improve the taste other than the flavor packets provided.
- Drink 8 ounces every 15 minutes until you finish half of the gallon (8-8 ounces glasses).
- Refrigerate the remaining half gallon to be used the next morning.

**Day of Colonoscopy: (EXAM day)**

- **TAKE THE PREP OUT OF THE REFRIGERATOR 30 MINUTES BEFORE STARTING YOUR MORNING DOSE.**
- AT \_\_\_\_\_ DRINK 8 OUNCES EVERY 15 MINUTES WITH THE LAST GLASS AT \_\_\_\_\_. YOU MUST FINISH THE ENTIRE REMAINING PREP LIQUID.
- You MAY take your morning medications on arising with SIPS of water, especially blood pressure, seizure and heart medicines, **but NO DIABETIC MEDICATIONS.**
- **NOTHING BY MOUTH WITHIN 4 HOURS OF YOUR ARRIVAL TIME.**