

## COLONOSCOPY PREP INSTRUCTIONS & TIMELINE

**Date:** \_\_\_\_\_ **Arrival time:** \_\_\_\_\_ **Procedure time:** \_\_\_\_\_ **Physician:** \_\_\_\_\_

Bowel prep is done to clear the bowel of any solid matter. Its purpose is to prepare the bowel for the procedure. Please follow these instructions:

**To Prepare:**

- No supplemental iron for 7 days prior (the iron in a multivitamin is ok).
- **If you are on any blood thinner, insulin or oral medications for diabetes please call the prescribing physician for special instructions.**

**You will need to purchase these items:**

- Fill your prescription for your Prep from the Ohio GI pharmacy or your preferred pharmacy.
- Purchase items from the graph below for your clear liquid diet.

**One day prior to colonoscopy:** \_\_\_\_\_

- You may have clear liquids only.
- Avoid the colors red, purple, orange or blue.

**Please do not have any solid foods, dairy products, tomato or orange juice.**

**\*\*Drink plenty of clear liquids throughout the entire day to stay hydrated. \*\***

Water	White Cranberry Juice	Beef/Chicken Broth	Gatorade
White Grape Juice	Jell-O	Black Coffee	Italian Ice
Popsicle	Tea	Soft Drink (Cola is ok)	Sorbet

**At 5:00 P.M. - drink 1 bottle of the following prep:**

**Plenvu (1pk) with 16 oz of water OR Suprep 6 oz with 10 oz of water OR Moviprep 8 oz every 15 minutes for 1 hour then 16 oz of water**

- Drink the entire contents.
- Follow with at least FIVE 8 ounce drinks of clear liquid, at your own pace within the next 5 hours.  
At 9:00 p.m. take 2 Simethicone anti-gas chewables or softgels (Gas x or Mylanta) with 8 oz. of clear liquid.  
At 10:00 p.m. take 2 Simethicone anti-gas chewables or softgels (Gas x or Mylanta) with 8 oz. of clear liquid.

**Day of the colonoscopy** \_\_\_\_\_ **- drink 1 bottle of the following prep at:** \_\_\_\_\_

**Plenvu (pk A & B) with 16 oz of water OR Suprep 6 oz with 16 oz of water OR Moviprep 8 oz every 15 minutes for 1 hour then 16 oz of water**

- Follow with a **MINIMUM of THREE** 8 ounce drinks of clear liquid, then **NOTHING** after \_\_\_\_\_ AM.

Take your regular blood pressure medications the morning of the test. No oral diabetes medications the morning of the test. If you are diabetic and on medication, consider bringing a supply with you to the exam as we will provide you with a beverage after the procedure.

**ABSOLUTELY NOTHING FOR 4 HOURS PRIOR TO YOUR PROCEDURE. NO MEDICATIONS, CANDY, OR GUM.**

**\*\*BE SURE TO FOLLOW OUR INSTRUCTIONS REGARDING THIS PREP. DO NOT GO BY THE PRINTED MATERIAL INCLUDED IN THE BOX\*\***