



## 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\*\***

## FREQUENTLY ASKED QUESTIONS:

- **Is there any way that I can make this taste better?** You can try sucking on hard candy or rinse your mouth with water or a mouthwash.
- **Why avoid red liquids?** The red color can persist in the colon and potentially look like blood.
- **One of the medications I was instructed to take the morning of my procedure is red. Can I take it?** Medications should be taken the morning of your exam regardless of the color.
- **I feel like vomiting and do not think I can drink any more. What should I do?** It is important that you continue to drink the solution if possible. Without a clean bowel, the doctor will not be able to thoroughly see inside of your colon to complete the examination. You can stop drinking for 30 minutes, then resume. If you do vomit, wait 30-60 minutes then begin drinking the solution again. If not improved, call us and have a phone number of an open pharmacy in case we need to call in a prescription.
- **I drank a lot of the solution and have not gone to the bathroom yet. What should I do?** Keep drinking and be patient. Most people have a bowel movement after an hour; however, some patients may take several hours.
- **I am taking the prep and now having loose, watery stool. Do I still need the rest of the prep?** Yes, you may have solid stool higher in the colon that needs to be eliminated.
- **I already have diarrhea before taking the prep, do I still need to take the laxative?** Yes, you must take the entire prep. Your colon is approximately six feet long. The entire colon must be emptied for your physician to see the colon clearly.
- **I see yellow color in the toilet bowl and a few flecks. What do I do?** If you drank the entire solution or if your last bowel movements were clear enough that you were able to see the bottom of the toilet, you should be fine. It is okay if you have some flecks of material. The yellow color is a result of bile that normally colors the feces. This should not interfere with the examination.
- **My bottom is sore. What can I do?** To clean the area, avoid rubbing. Gently pat with a wet washcloth. Apply a protective ointment such as Vaseline, Preparation H, Desitin or Aquaphor.
- **Can I drink alcoholic beverages?** Alcoholic beverages can cause dehydration and some wines thin your blood. Therefore, we strongly suggest that you do not drink any alcoholic beverages prior to your procedure.
- **Can I drink any nutritional supplements?** You may drink Ensure or Boost (no red flavors) or Slim-Fast with Soy Protein/Lactose Free. These drinks are water based, not milk based.
- **Can I chew gum or suck on candy?** Yes, but nothing with soft centers or red color.
- **What if I am still passing stool the morning of the test?** Take a tap water enema until you run clear. If this does not work, please call the office.
- **Can I brush my teeth?** Please do. You may brush your teeth and rinse your mouth without swallowing.
- **Can I wear my dentures?** Yes, you may wear dentures to the endoscopy suite. However, if you are having an EGD as well as a colonoscopy, you may be asked to remove them prior to the procedure.
- **I have been instructed not to take anti-inflammatory drugs or blood thinners several days prior to the procedure. What can I take for headaches and pain relief?** You may take Tylenol (acetaminophen) as directed.
- **Can I have chicken soup?** You can have broth; no noodles, chicken or vegetables are allowed.
- **Can I have the colonoscopy if I am on my period?** Yes, the procedure can still be performed. We ask that you use a tampon if possible but it's not absolutely necessary.
- **Do I need a prescription for the laxatives?** This prep is available over the counter without prescription or by prescription