



Colonoscopy Instructions

In order to properly examine your colon, the inside of your intestinal tract **MUST** be clean. You must follow the diet and laxative instructions exactly. Do not make any changes unless ordered by your doctor.

PLAN TO DO IN ADVANCE:

1. Medications, Vitamins and Supplements:

To properly prepare for your procedure, you may need to make certain changes to your daily medication routine.

- If you take **insulin** or other diabetic medications, consult with your physician about making any necessary changes in your daily regimen.
- If you take medications that contain **aspirin** or other anti-inflammatory drugs (such as **Motrin, Advil, Aleve, Ibuprofen, Naproxen, Indocin, or Feldene**), we recommend that you stop taking them seven days before your procedure. They may increase your risk of bleeding after removal of a polyp or a biopsy during your colonoscopy by interfering with the normal clotting of your blood. Unless otherwise stated, you may use Tylenol (acetaminophen) for treatment of pain. You should discuss with your doctor the appropriate dose for you.
- **IMPORTANT: IF YOU ARE CURRENTLY TAKING COUMADIN, PLAVIX OR HEPARIN, YOU MUST CHECK WITH YOUR PRESCRIBING PHYSICIAN BEFORE CHANGING OR INTERRUPTING YOUR DAILY ROUTINE.**
- Stop taking **iron** supplements, **Ginkgo biloba** and **Vitamin E** seven days before your procedure.
- Certain medications **should** be continued prior to your colonoscopy. **If you take cardiac (heart) or anti-hypertensive (high blood pressure) pills, take them as you normally do with small sips of water.**
- If you have **ASTHMA** bring your inhalers with you. If you have sleep apnea, please bring your **CPAP** or **BIPAP** machine with you.

2. Dietary recommendations:

- **YOU MAY NOT EAT ANY SOLID FOOD THE DAY BEFORE YOUR PROCEDURE.** You will be expected to drink large amounts of clear liquids the day before your procedure. Starting in the morning, you need to drink at least 8 ounces of clear liquids **each hour**, which is 2-3 qts, throughout the day. This is in addition to the laxative prep you will drink in the afternoon. The more fluid you drink, the better you will feel. It will keep you from being weak and hungry. The laxative will be easier for you to tolerate.
- **DO NOT drink: ANYTHING RED or PURPLE**, milk or milk products, non-dairy creamers, orange and grapefruit juice.
- **You MAY have:** Apple juice, sports drinks (i.e. Gatorade), clear broth or bouillon, carbonated soft drinks, flavored jelly without fruit, popsicles, kool-aid, white grape juice, white cranberry juice, black coffee, tea, and water.

3. In addition to changes to your medication and diet, you'll also need to:

- Fill your prescription for the laxative that your doctor has prescribed to cleanse your bowel. This can be filled at any pharmacy.
- Bring a list of all your medications (prescription medications, over-the-counter medications and eye drops) with you on the day of your procedure. You may bring the medication bottles themselves.
- Be prepared to list and describe your **ALLERGIES** and **REACTIONS** to any medications.
- Because you will receive a relaxing medication during your procedure, you must arrange to have a responsible adult pick you up and/or accompany you home if you taking public transportation. You will need to spend several hours at the hospital to allow time for your preparation, your examination and your recovery. You may not operate an automobile or other mechanical equipment until the day following your procedure.

Nulytely/Golytely™/Colyte/Trilyte

ON THE DAY BEFORE YOUR PROCEDURE

Starting at noon, do not eat solid food until the procedure is completed. Drink clear liquids only after noon.

- Between 3:00 and 7:00 PM, drink an 8 oz. glass of Nulytely every 10 minutes.
- Prepare the Nulytely according to the directions on the bottle. To improve the taste, you may chill the Nulytely solution. When prepared as directed, it makes a gallon of fluid (sixteen 8 oz. glasses).

If you feel full or experience nausea or significant abdominal pain, wait before drinking the next glass. It may be easier to drink each 8 oz. glass rapidly rather than drinking small amounts continuously. **Drink the entire gallon of fluid.** You should begin having bowel movements within the hour.

You are scheduled for a morning procedure. You should have nothing by mouth (including gum and mints) after midnight. The exception is medication taken with small sips of water. **(If you scheduled for an afternoon procedure, you may continue drinking small quantities of clear liquids up to 6 hours prior to your scheduled arrival time.)**

CLEAR LIQUIDS: water, apple juice, ginger ale, sprite, beef or chicken broth WITHOUT noodles, coffee or tea WITHOUT cream or milk, most sodas, sherbet, pop-sicles, and Jell-O that is not red or orange. **DO NOT DRINK ANYTHING RED OR ORANGE.**

ON THE DAY OF YOUR PROCEDURE

- On the day of your colonoscopy, please come directly to the requested location at your scheduled arrival time and check in with the receptionist. Plan to spend several hours at the unit to allow time for your preparation, your procedure, and your recovery.
- Before the procedure, a nurse will greet you and assist you with changing into a hospital gown. An IV will be placed in your arm. You will receive relaxing medications through the IV during the procedure. You will be lying on your side for your colonoscopy and the flexible tube will be passed into your rectum to view the lining of the rectum and large intestine (colon). The test takes approximately 30-60 minutes to complete.

AFTER YOUR PROCEDURE

- After the colonoscopy, you will be taken to the recovery area where you will be monitored until most of the effects of the relaxing medication have worn off.
- You may have some cramping or bloating as a result of the air placed into your colon during the procedure.
- The Endoscopist will discuss the results of your procedure with you prior to your discharge. You will receive discharge instructions on the day of the test.
- Your endoscopy report and biopsy results will be sent to your referring physician.

If you would like to speak to us regarding your procedure or preparation, or if you need to reschedule your procedure, please call (201) 488-0095

Helpful tips to make colonoscopy easier

There may be a few jokes about colonoscopy, but what you need to do to ensure the doctor a clear view of your colon is not funny: You will have to drink large amounts of an odd-tasting liquid that prompts your digestive system to clean itself out in a hurry.

Here are a few practical tips to help you get through the colonoscopy experience more comfortably:

- **Get a head start.** Consider lightening up on your food intake two days before the test, avoiding hard-to-digest items such as meat, eggs, nuts, and leafy greens. Instead, eat lots of fiber in the form of vegetables and fruits, or start the liquid diet early, so there will be less to purge.
- **Stock up.** Get what you will need ahead of time, including clear liquids such as chicken or vegetable broth, apple juice, and bottled water with electrolytes. Buy extra-soft toilet paper, paper towels, or disposable baby wipes (be careful not to buy cleansing wipes containing scent or alcohol).
- **Be gentle to yourself.** Plan to take two days off work: the day before the test (or at least the afternoon) and the day of the test itself.
- **Stay hydrated.** All laxatives cause some water loss, so drink plenty of fluids throughout the prep and after the test. Avoid both alcoholic and carbonated drinks before the procedure, as they increase dehydration, and consider getting some electrolyte rehydrating drinks available over the counter.
- **Reduce the opportunity for accidents.** Stay home near a bathroom during the process.
- **Prepare the bathroom.** Line the wastebasket with a plastic bag. Instead of toilet paper, use wet washcloths or disposable wipes, such as unscented baby wipes (check that the product is flushable). Applied generously, petroleum jelly and hemorrhoid products can ease anal soreness that might develop. Soaking in a warm tub may help as well.
- **Most people dread the actual scoping procedure,** and feelings of anxiety or concern are normal. The mild sedative given for a colonoscopy relieves those problems, and you may not even remember the process. If you are feeling especially anxious, talk to your doctor beforehand about providing a mild tranquilizer or muscle relaxant for the procedure. And keep in mind that, compared with the preparation, the colonoscopy is usually over very quickly.
- **Aftercare.** You may feel some mild cramping or bloating and, rarely, nausea, up to a day afterward, caused by some air left in the colon. Eat lightly for a few days. If your discomfort is extreme or persists, call your doctor.