

Colonoscopy Preparation

Please read the entire handout. If you have any questions, please call 803-532-8155.

A Colonoscopy is a procedure using a small lighted tube that is passed into the rectum to visualize the colon completely. You will be sedated lightly for comfort and you will need someone to drive you home. You will not be able to return to work the day of the procedure. The office will give you a prescription for a bowel cleansing kit that you obtain from the pharmacy.

*****REMEMBER: We need to see all of the bowel through the endoscope. To do this, your bowel must be cleaned thoroughly, or we will have to repeat the procedure with a longer preparation. It is very important to follow instructions closely. If you have frequent constipation, then you will want to use the longer preparation to ensure an adequate "clean-out".

NO alcoholic beverages throughout the Colon preparation.

Because of the large amount of time, personnel, and expense to set up this procedure, the office requires a 48 HOUR NOTICE if you are unable to keep your appointment. Otherwise, a \$ 75.00 CHARGE will be applied to your account. Any biopsies of tissue will be billed by an outside lab.

FOODS NOT ALLOWED DURING PREP:

milk, milk drinks, nuts, butter, fried foods, beef, pork, chicken, fish, lamb, fruit juices with unstrained fruit, ALL vegetables, breads, cereals, fat free potato chips, fruit with peelings.

Clear Liquid Diet is as follows:

Water, Coffee (no creamer), Tea, Soft Drinks, Fruit Flavored Drinks, Gatorade, Apple Juice, White Grape Juice, Lemonade (no pulp), Clear Broth or Consommé, Flavored Gelatin, Popsicles, Italian Ice, Sugar, Honey, Syrup, Clear Hard Candy

Short Prep

Outline of prep:

4-5 Days before procedure: eat light and avoid eating too much. This will make your prep solution easier to drink and help clean out your colon more effectively.

3 Days before procedure: Eat light for breakfast and lunch, and only Jell-O and sprite for supper. No red, orange, or purple Jell-O allowed.

2 Days before procedure: Only clear liquids allowed. Nothing with red or purple food coloring. Prepare the Bowel prep solution by mixing with water and placing it in the refrigerator overnight. It is easier to drink if cold. Do NOT mix the prep solution greater than 48 hours before drinking.

1 Day before procedure: You may have clear liquids all day today. At 2PM begin to drink the bowel solution. Drink one full glass every 15 minutes until it is gone. Try to drink the whole glass quickly and not sip it. DO NOT eat or drink anything after midnight.

Day of the procedure: Nothing to eat or drink today. No Diabetic medication this am as you will not eat breakfast. You may take all of your other regular medications except for the ones listed below with a small sip of water. You may also use inhalers if needed.

STOP taking oral vitamins or iron pills 7 days before the procedure.

STOP taking all blood thinners (Coumadin, Plavix, Aspirin, etc.) 4 days before the procedure.

STOP taking Metamucil, Citrucil, Fibercon, or any fiber supplements during the prep phase.

Any questions or concerns please call 803-532-8155.

** Please note as per Pain Management Contract, NO narcotics will be filled during any procedure appointment**