

# COLONOSCOPY INSTRUCTIONS

Preparation for the examination of your colon (colonoscopy) will require avoiding certain medications, avoiding certain foods, and cleansing your colon of any fecal material. Compliance with all instructions is required for a safe and effective procedure. Non-compliance with your instructions may mean your procedure has to be rescheduled or repeated. Your doctor will provide the specific instructions for the medications that he would like for you to use for the prep. You should obtain a copy of these when you are at your doctor's office scheduling the procedure. Not every doctor uses the same prep, so it is important that you get the instructions from the physician that is going to be doing your procedure.

## **7 DAYS BEFORE YOUR PROCEDURE**

### **Medication restrictions**

Some medications-including aspirin products and iron supplements must be discontinued for seven days prior to the procedure since they interfere with the examination of your colon. Check the list on the following page and avoid taking any of the medications for seven days before your procedure.

If you are taking COUMADIN or other anticoagulants (blood thinners), please contact your prescribing physician and ask them if it is safe for you to stop these medications.

If you are diabetic, do not take your diabetes medications the day of the procedure, as you will have nothing to eat or drink, and your sugar may go too low without these.

## **2 DAYS BEFORE YOUR PROCEDURE**

### **Food restrictions**

Beginning 2 days before your exam, DO NOT eat tomatoes, onions, nuts, corn, or anything with seeds.

## **1 DAY BEFORE YOUR PROCEDURE**

\*You will receive a call from the endoscopy department telling you the time that you should report to the hospital. It is very important that we have a good working number for you. You may call 479-754-5338 and verify with the scheduler so that we can give you your arrival time. **PRIOR TO 8 AM**, eat only a restricted liquid diet. **NO SOLID FOOD.**

The following are suggestions for safe items:

- Coffee and tea with cream or sugar
- Orange juice
- Milk, milkshakes, eggnog (non-alcoholic), ice-cream, custard, pudding, Slim Fast, Carnation instant breakfast
- Butter, margarine or cream
- Sherbert and lemonade
- Cooked refined cereals, grits, oatmeal (thinned), cream of wheat or rice

**FROM 8 AM UNTIL MIDNIGHT ON THE DAY BEFORE YOUR EXAM**, your diet should be **CLEAR LIQUIDS ONLY**. YOU MAY NOT HAVE ANY RED, GREEN, BLUE, OR PURPLE COLORED DRINKS. NO SOLID FOODS AND NO ALCOHOLIC BEVERAGES.

The following are acceptable:

- Water
- Coffee and tea sugar is ok, but NO creamer
- Apple juice
- White grape juice
- Jello (not red, green, blue, or purple)
- Popsicles (not red, green, blue, or purple)
- Carbonated beverages (7 Up, Sprite, Cokes, Dr. Pepper, Pepsi, etc.)
- Chicken or beef bouillon
- Hard candy

### **THE DAY OF YOUR PROCEDURE**

Do not eat or drink anything by mouth. This includes chewing gum, chewing tobacco, and do not smoke.

If you are to arrive prior to 6:30, you will need to register through the ER department. After 6:30, you will come through the main admissions, and can register there.

Once you arrive, you will be taken care of by a Registered Nurse who has been specially trained for this department. The RN will go over your history, take your vitals, and start an IV so that you can be sedated for the procedure. If you are a diabetic, she may also take a blood sugar. In some cases, additional enemas have to be administered so that your doctor can see during the procedure.

After the procedure, you will need to stay for a minimum of one hour. This is to ensure that you are safe to go home. We also require that you perform other tasks, such as passing gas, and tolerating fluids without nausea or vomiting. Your doctor may also order additional tests at this time. Plan on staying at least 3 hours.

- You will need a driver 18 years or older to remain in the unit or waiting room. The doctor will want to speak to them after your procedure has been completed. The medication that you are given makes it unsafe to drive for 24 hours.
- Leave all valuables (except your glasses or hearing aids) at home.
- Bring a list of all the medications including prescription and over-the-counter that you are currently taking. This should include the name, dosage, and how many times you take it daily.

