

# Double Overload Solution Colon Prep

**Please read** the following instructions carefully (**front & back**). Follow these instructions and not the instructions on the box. If you do not complete the preparation as directed, it could result in cancellation of your procedure.

## ONE WEEK PRIOR TO PROCEDURE:

- Your prescription is electronically sent to your pharmacy at the time of scheduling your appointment. Please pick up your prep solution as soon as possible, to avoid cancellation of your prescription.
- Avoid seeds, nuts, popcorn, and vegetables for five (5) days prior to your prep
- If you are currently taking blood thinners (for irregular heartbeat, atrial fibrillation, heart disease, stents, stroke, mini-stroke, mechanical heart valves, blood clots in the legs or lungs, or other reason) you may need to stop them prior to your procedure. **Please contact the physician who prescribed the medication for instructions on how to stop them.**

The following is not an all-inclusive list:

Plavix (clopidogrel bisulfate)	Effient (prasugrel)
Ticlid (ticlopidine hydrochloride)	Arixtra (fondaparinux)
Coumadin (warfarin sodium)	Brilinta (ticagrelor)
Pradaxa (dabigatran)	Lixiana/Savaysa (edoxaban)
Xarelto (rivaroxaban)	Lovenox (enoxaparin)
Eliquis (apixaban)	Fragmin (dalteparin)
Persantine (dipyridamole)	Zontivity (vorapaxar)
Pletal (cilostazol)	

- Please understand that even though a colonoscopy can be performed if these medications are not stopped, some polyps cannot be removed.
- If you are taking full dose aspirin (325mg), please contact your prescribing physician to see if this can be decreased to low dose aspirin (81mg). **Do not stop low dose Aspirin (81mg).** Polyps can be removed in the presence of this lower dosage.
- If you have had a recent stress test or are scheduled to have one, please check with your physician to get a cardiac clearance. **WE MUST HAVE RESULTS PRIOR TO PROCEDURE.**
- If you are taking Adipex (Phentermine) or any GLP-1 Agonist (weight loss medication or for your diabetes) it is required to stop these medications 7 days prior to your procedure. Please contact your PCP regarding this if you are taking these medications for diabetes.

## ONE DAY BEFORE PROCEDURE:

- If you are diabetic, please check with your family physician as to adjusting your insulin while on a clear liquid diet. Usually your dose will be cut in half the day before and you will not take any the day of the procedure. Check your blood sugar before leaving home the day of your procedure

Instructions continued on back → **TURN OVER**

## ONE DAY BEFORE PROCEDURE CONTINUED:

- Please refrain from marijuana use 12 hours prior to your procedure.
- **Drink** only **clear** liquids for breakfast, lunch and dinner the day before your exam. Solid foods and milk products are **not** allowed. Clear liquids (not colored red or purple)

Example of clear liquids:

Water	Coffee or Tea (without milk or cream)
Pop (diet and regular)	Kool-aid
Clear broth or bouillon	Jello (no fruit)
Sport drinks (Propel, Gatorade)	Ice popsicles
Apple Juice	Clear hard candy, life savers, jolly ranchers
White Grape Juice	White Cranberry juice

- At 2: **PM** - Drink the first four (**4**) liters of overload solution.
- At **7:00 PM** – Begin drinking **3 Liters** of overload solution. Drink (one 8oz. glass every 15 minutes). You can drink clear liquids or chew sugarless gum during this time.

## DAY OF PROCEDURE

- At **5:00 AM** drink the remainder of the solution ***the morning of your procedure*** (1 Liter = 4.2 cups or approximately 32 oz.)
- **DRINK ONLY THE PREP SOLUTION** the morning of the procedure. You should finish the last of the solution and the required amount of water that follows **no later than** 6:00AM. **NOTHING MORE TO DRINK AFTER PREP SOLUTION and WATER. You may have a sip of water with necessary medications.**
- **DO NOT DRINK, CHEW GUM or SUCK ON HARD CANDY** before your procedure or it may be cancelled or delayed. **NO CHEWING TOBACCO.**
- You **may take** all your medications with a sip of water except: blood sugar/diabetic medications and blood thinners.
- If you are a diabetic, please check your blood sugar before coming in.
- If you are a female between the ages of 18-55 years old, you will be asked to give a urine sample, unless you have had a hysterectomy.
- **WHAT SHOULD MY STOOLS LOOK LIKE?** Your stools should look like clear to light yellow water with no stool particles. The yellow color is normal.

### What to bring with you:

- Because you are receiving anesthesia, you cannot drive; you must be accompanied by an adult who must remain on the premises while you are having your procedure. Your procedure will be cancelled if you do not have a ride.
- A list of your current medications including the dosage and the times you take them, along with any drug allergies.
- Your driver's license and insurance cards.