

COLONOSCOPY PREP INSTRUCTIONS

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

- Your prescription will be sent to your pharmacy at the time of scheduling your appointment. Please pick up your prep as soon as possible.

ONE WEEK PRIOR TO PROCEDURE

- 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.
- If you are taking Adipex (Phentermine) you will need to stop seven (7) days prior to your procedure.

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. You will check your blood sugar before you leave home the day of the procedure.
- Please refrain from marijuana use 12 hours prior to your procedure.
- **Eat or 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, on next page)

Example of clear liquids:

Water	Coffee or Tea (without milk or cream)
Pop (diet and regular)	Kool-aid
Clear broth or bouillon	Plain Jello
Sport drinks (Propel, Gatorade)	Ice popsicles
Apple Juice	Clear hard candy, life savers, jolly ranchers
White Grape Juice	White Cranberry juice

DAY OF PROCEDURE

- **DRINK ONLY THE PREP SOLUTION** the morning of the procedure. You should finish the last of the solution ***no later than*** 6:00AM. **NOTHING MORE TO DRINK AFTER PREP COMPLETION. (Except for a sip of water with necessary medications).**
- **DO NOT EAT, DRINK or CHEW GUM** before your procedure or it may be cancelled or delayed.
- You **may take** all your medications with a sip of water except: blood sugar/diabetic medications.
- If you are a diabetic please check your blood sugar before coming in
- If you are a female and 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.
- Please do not apply lotions or perfumes the day of your procedure.

COLONOSCOPY PREP INSTRUCTIONS

WHAT IS THE NAME OF THE PREP YOU RECEIVED? _____

Follow the instructions below for this prep

NUTLYTELY, TRILYTE, GOLYTELY Overload / Polyethylene Glycol (PEG) Solution

ONE DAY BEFORE THE PROCEDURE

- At **5:00 PM** – Begin drinking **3 liters** of overload solution. Drink an 8 ounce cup every 10-15 minutes. You can drink clear liquids and chew sugarless gum at this time. The jug should be $\frac{3}{4}$ empty. Continue drinking clear liquids.

DAY OF PROCEDURE

- At **5:00 AM** - Drink the remainder of the solution. (**1 Liter = 4.2 cups** or approximately 32 oz.) Prep must be finished by **6:00 AM**.

SUPREP COLON PREP KIT

ONE DAY BEFORE THE PROCEDURE

- At **6:00 PM** - Pour one 6-ounce bottle of SUPREP liquid into the mixing container, dilute it with water up to the 16 oz. line, and drink entire amount. Drink (2) more 16 oz. cups of water following the previous. You may continue to have clear liquids until you begin your AM prep.

DAY OF PROCEDURE

- At **5:00 AM** pour the last 6-ounce bottle of SUPREP liquid into the mixing container, dilute it with water up to the 16 oz. line, and drink entire amount. Drink (2) more 16-ounce cups of water following the previous. Prep must be finished by **6:00 AM**.

PLENVU COLON PREP KIT

ONE DAY BEFORE THE PROCEDURE

- At **6:00 PM** - Empty PLENVU Dose 1 (large packet) into mixing container, fill to line on container with water 16 ounces of water. Stir or use lid and shake well to dissolve powder. Drink the entire contents over 30 minutes. Refill the container to the line with a clear liquid and drink over 30 minutes. You may continue to have clear liquids until you begin your AM prep.

DAY OF THE PROCEDURE

- At **5:00 AM** - Empty PLENVU dose 2 (pouches A and B) into the clean mixing container. Fill to the line with 16 oz. of water. Stir or use lid and shake well to dissolve the powder. Drink over 30 minutes. Refill with 16 ounces of water and drink over 30 minutes. Prep must be finished by **6:00 AM**.

CLENPIQ COLON PREP KIT

ONE DAY BEFORE THE PROCEDURE

- At **6:00 PM** - pour one 5.4-ounce bottle of CLENPIQ liquid into the mixing container and drink the entire amount. Drink 40 ounces (5 cups) of water following the previous. You may continue to have clear liquids until you begin your AM prep.

DAY OF PROCEDURE

AT **5:00 AM** – pour the last 5.4-ounce bottle of CLENPIQ liquid into the mixing container and drink the entire amount. Drink (3) more 8-ounce cups of water following the CLENPIQ liquid. Prep must be finished by **6:00 AM**.

- **NOTHING MORE TO DRINK AFTER COMPLETION OF ANY PREP AT 6:00 AM**

