

# Westside Endoscopy Center, P.C.

3825 Medical Park Drive SW Phone: (770) 941-4810  
Suite 300 Fax: (770) 948-9149  
Austell, GA 30106-1109

# HOW TO PREPARE FOR YOUR COLONOSCOPY

There are many different colon preparations. Generally, we prefer the 4 liter or gallon prep over the ½ gallon or low-volume preps. (See page 7 for a list of available preps)

All preps work best and are better tolerated when you take them as a SPLIT-DOSE. This means that you take the first part of the prep the evening before your procedure and the second part on the morning of your procedure. **BE SURE TO FINISH 2 TO 4 HOURS BEFORE YOUR APPOINTMENT TIME.**

## 5-7 DAYS BEFORE YOUR COLONOSCOPY

- CONFIRM YOUR APPOINTMENT. If you need to cancel or postpone please do so **NO LATER THAN 1 WEEK BEFORE YOUR APPOINTMENT**, this allows us to utilize the slot for another patient. **IF YOU DO NOT CONFIRM, YOUR NAME WILL BE REMOVED FROM THE SCHEDULE.**
- You should also find out what payment is due from you at the time of your appointment.
- Be sure to arrange for an escort to drive you to and from your procedure.
- FILL OUT THE PACKAGE THAT YOU RECEIVED ON YOUR OFFICE VISIT. SIGN THE CONSENT FORM AND PROVIDE A LIST OF YOUR MEDICATIONS (Be sure to include over-the-counter medications and supplements.) **BRING THE PACKET OF COMPLETED AND SIGNED FORMS TO THE APPOINTMENT.**
- Stop ASPIRIN, PLAVIX (clopidogrel) and NSAIDs such as ibuprofen, naproxen, diclofenac, meloxicam, etc. and iron supplements.
- If you take COUMADIN (warfarin), follow the instructions for management which you have received from the physician who prescribes this medication. (See page 4)

## 2 DAYS BEFORE YOUR COLONOSCOPY

- If you take ELIQUIS (apixaban) or XARELTO (rivaroxaban) follow the instructions for management which you have received from the physician who prescribes this medication; in general, these medications can be stopped 2 days before your procedure. (See page 4)
- Stop fiber supplements and antidiarrheal medications.
- Start eating low-fiber foods, you can follow the sample menu. (See page 5)

## 1 DAY PRIOR TO YOUR COLONOSCOPY

- You may follow the menu plan that was provided; eat low-fiber foods for breakfast and lunch. (See page 4)
- DO NOT EAT ANY SOLID FOODS AFTER 2 P.M.**

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# HOW TO PREPARE FOR YOUR COLONOSCOPY

- Drink lots of clear liquids.
- At about 5 P.M. prepare the cleansing solution and keep it chilled in the refrigerator.
- At about 7 P.M. start drinking the solution; DRINK 1/2 to 2/3 OF THE SOLUTION – 1 cup every 10 to 20 minutes.
- Yes... this can be very challenging. Most patients say that this is the worst part of the entire process! **Remember that a clean colon is the key to a successful procedure.** If you feel too bloated or nauseous, stop drinking, keep the solution chilled, and restart when your stomach has settled. Drinking through a straw placed far back on the tongue, sucking on lemon slices or hard candy between cups might help!
- Diabetics:** Follow the instructions for adjusting your medications on page 4.
- You can continue drinking clear liquids through the night which will give you a better prep and prevents dehydration.

## THE MORNING OF YOUR COLONOSCOPY

- Plan to start about 4 – 6 hours **before** your appointment time.
- Patients on Blood Thinners:** If you are taking LOVENOX “bridging”, do not take (see page 4).
- Do not skip your blood pressure medications if you take them on mornings.
- DRINK THE REMAINING 1/3 – 1/2 OF THE SOLUTION; drink 1 cup every 10 to 20 minutes until finished.
- BE SURE TO COMPLETE YOUR PREP NO LATER THAN 2 HOURS BEFORE YOUR APPOINTMENT TIME!
- DO NOT DRINK ANY MORE LIQUIDS AFTER COMPLETING YOUR PREP!
- When you are completely cleansed, you will pass liquid from the rectum that looks like slightly cloudy urine! IF THE LIQUID IN THE TOILET IS BROWN OR CONTAINS SOLID PIECES OF STOOL YOU MAY NOT BE PROPERLY CLEANSED, YOUR PROCEDURE MAY BE INCOMPLETE OR CANCELLED. YOU MAY HAVE THE INCONVENIENCE AND EXPENSE OF HAVING TO GO THROUGH THIS PROCESS AGAIN!
- REMEMBER, YOU CAN CALL (770) 941-4810 IF YOU HAVE ANY QUESTIONS.
- Arrive at your appointment time for your colonoscopy; your escort must be with you on arrival; your paperwork should be completed and signed and you should have a **list of your medications**.

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## AFTER YOUR COLONOSCOPY

- Be sure to get instructions about restarting your medications.
- Your escort should drive you home and you should rest for the remainder of the day.
- Do not drive, operate machinery or make important decisions, e.g. signing contracts, for the remainder of the day.**
- You may return to usual activities the following day.
- A nurse will call you in 1-3 days to check on your condition.
- If a follow-up appointment was advised by Dr. Jeffers, remember to schedule an appointment.
- Remember to call (770) 941-4810 if you have any questions.

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# COLONOSCOPY INSTRUCTIONS

## **FOR PATIENTS WITH DIABETES**

1. Be prepared to check your blood sugar more frequently the day before and the day of your procedure.
2. If you take METFORMIN, be sure to stop taking 2 days before your procedure.
3. If you take other tablets for diabetes, do not take on the morning of your procedure.
4. If you take a LONG-ACTING INSULIN, such as LANTUS OR LEVEMIR, take ½ of the usual dose the night before or morning of the procedure.
5. If you take a SHORT-ACTING INSULIN, such as regular insulin, do not take on the morning of your exam.

*You may bring a small snack and your medications to take after your procedure.*

## **FOR PATIENTS ON BLOOD-THINNERS AND ANTICOAGULANTS**

Please check with your cardiologist, hematologist or prescribing physician for clearance to stop this medication prior to the procedure.

Generally:

1. Aspirin, clopidogrel (Plavix) should be stopped 5 days before your procedure. You should also stop taking NSAIDs – non-steroidal anti-inflammatory medications generally taken for arthritis, such as ibuprofen, Advil, Motrin, naproxen, Aleve, etc.
2. Warfarin (Coumadin, Jantoven) should be stopped 5 days before your procedure; you should ask the prescribing physician if you will require “bridging”.
3. Apixaban (Eliquis), rivaroxaban (Xarelto) and dabigatran (Pradaxa) should be stopped 2 days before your procedure; you should ask the prescribing physician if you require “bridging”.
4. Enoxaparin (Lovenox) should not be taken on the day of your procedure.

*After the procedure, you will receive instructions on when to restart these medications.*

## **LOW FIBER DIET**

In general, a low-fiber diet results in a smaller amount of residue passing into the colon which results in better cleansing of your colon.

### **Foods to avoid:**

- Nuts, seeds, corn, fruits and vegetables
- Whole grains, popcorn, wheat germ and bran
- Brown rice, wild rice, oatmeal, granola, shredded wheat, quinoa, bulgur and barley
- All beans, peas and legumes
- Chunky peanut butter

### **Allowed foods:**

- Tender meats, fish, poultry
- Eggs, tofu and creamy peanut butter
- Dairy products

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## COLONOSCOPY INSTRUCTIONS

- White rice and pasta
- Saltine crackers
- Rice cereal or farina – check the label, make sure they contain no more than 2 grams of fiber per serving
- Potatoes without the skin
- Vegetable and fruit juices without the pulp

### **An example of typical low-fiber menu:**

- Breakfast
  - Cornflakes with milk
  - White toast with jelly, butter or creamy peanut butter
  - Eggs
  - Fruit juice without pulp
  - Coffee
- Morning snack
  - Yogurt without seeds
  - Water or juice without pulp
- Lunch
  - Turkey sandwich on white bread with mayo
  - Tomato soup
  - Juice without pulp
- Afternoon snack
  - Cheese slices
  - Saltine crackers
  - Water or juice without pulp

### **An example of a typical menu the day prior to having a colonoscopy:**

- Breakfast at 7 A.M.
  - Cornflakes with milk
  - White toast with butter, jelly or creamy peanut butter
  - Fruit juice without pulp
  - Coffee or tea
- Mid-morning snack at 10 A.M.
  - Yogurt without seeds
  - Water or juice without pulp

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## COLONOSCOPY INSTRUCTIONS

- Lunch, no later than 1 P.M.
  - Small turkey sandwich on white bread with mayo
  - Tomato soup with saltine crackers
  - Vegetable or fruit juice without pulp
  
- Drink plenty of clear liquids for the rest of the day, no solid foods. You may have:
  - Clear liquid fruit juices without pulp, broths, carbonated beverages. **AVOID LIQUIDS THAT ARE RED OR ORANGE.**
  - Gelatin
  - Popsicles without bits of fruit, fruit pulp or yogurt
  - Tea and coffee
  - Sports drinks

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## LIST OF COMMONLY USED COLON PREPS

<i>PREP NAME</i>	<i>EVENING BEFORE PROCEDURE</i>	<i>MORNING OF PROCEDURE (start 4 – 6 hours before appointment time)</i>
<b>Golytely</b>	Drink 1/2 to 2/3 of solution 1 cup every 10 – 20 minutes	Finish the remaining 1/3 – 1/2 of solution 1 cup every 10 – 20 minutes
<b>Nulytely</b> or <b>Trilyte</b> , with flavor packs or <b>Colyte</b> , with flavor packs	Drink 1/2 to 2/3 of solution 1 cup every 10 – 20 minutes	Finish the remaining 1/3 – 1/2 of solution 1 cup every 10 – 20 minutes
<b>Miralax – 8.4 oz. bottle</b>  Mix with 64 oz. of sports drink Purchase 2 of each (2 Miralax & 2 drinks)	Mix one 8.4 oz. bottle with 64 oz. of sports drink Drink 1 cup every 10 – 20 minutes	Mix the other 8.4 oz. bottle with 64 oz. of sports drink Drink 1 cup every 10 – 20 minutes
<b>Moviprep</b>	Drink 1/2 of the solution 1 cup every 10 – 20 minutes Drink an additional 1 liter of clear liquid or water	Drink 1/2 of the solution 1 cup every 10 – 20 minutes Drink an additional 1 liter of clear liquid or water
<b>Plenvu</b>	Mix <b>Dose 1</b> with 16 oz. of water and drink over 30 minutes Follow with an additional three 16 oz. cups of water or other clear liquid	Mix <b>Dose 2</b> with 16 oz. of water and drink over 30 minutes Follow with an additional three 16 oz. cups of water or other clear liquid
<b>Suprep</b>	Mix one 6 oz. bottle in 16 oz. of water and drink over 30 minutes Drink an additional 1 liter of clear liquid or water	Mix second bottle with 16 oz. of water and drink over 30 minutes Drink an additional 1 liter of clear liquid or water

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## LIST OF COMMONLY USED COLON PREPS

### OTHERS:

**NOT FOR PATIENTS WITH KIDNEY DISEASE, HEART DISEASE, CROHN'S DISEASE OR ULCERATIVE COLITIS**

<i>PREP NAME</i>	<i>EVENING BEFORE PROCEDURE</i>	<i>MORNING OF PROCEDURE (start 4 – 6 hours before appointment time)</i>
<b>Magnesium citrate – 10 oz. bottle</b>  Purchase 2 bottles	Drink one 10 oz. bottle of magnesium citrate followed by a 64 oz. of sports drink or water	Drink another 10 oz. bottle of magnesium citrate followed by a 64 oz. of sports drink or water