PREPARING FOR YOUR COLONOSCOPY

Please read these instructions now. Do not wait until the day before your procedure to read this. Fill the prescription for your bowel prep sooner rather than later.

The colon preparation is the most important step leading to the successful completion of your colonoscopy. We know it is inconvenient and the prep taste is unpleasant, but we use this prep because it follows the national guidelines. The guidelines were developed for the best and safest results for patients. Read the instructions carefully.

The prep is now taken in 2 doses. This is new, so don’t worry if it’s different from your previous colonoscopy. Do not take the entire prep the night before.

Bowel preparation

Fill the prescription. Please do this now. Do not wait to fill it. The prescription may be expensive. Also purchase one Fleet enema. You may need this if the prep does not completely cleanse your colon.

Please follow the instructions below. There are two pages.

DAY BEFORE YOUR COLONOSCOPY:

The day before your colonoscopy, you may only drink clear liquids. This includes clear soda, sports drinks, broth and juice without pulp. You may also have coffee without cream, Jell-o and tea. The exact color of the drink does not matter as long as it is clear. You should drink lots of water the day before your procedure, as water will help flush your system.

5 pm: Starting at 5 p.m. the day before your test, the only things allowed in your mouth are your medications, clear liquids (especially water) and your bowel prep. No gum, no mints, no hard candy, nothing.

5–7 pm: Between 5:00-7:00 p.m. the evening before your procedure, drink the first half of your prep. Mix your prep as instructed on the prescription box.

Midnight: Nothing else to eat or drink (except your prep) from midnight until your procedure. This means no gum, no mints, no hard candy, no cigarettes and no additional liquids. You will take the other part of your prep after midnight. See below for exact times.
DAY OF YOUR COLONOSCOPY:

3-5 am: In the middle of the night, between 3:00-5:00 a.m., on the day of your procedure, take the second dose of your prep including the two glasses of clear liquid. Mix as instructed on the prescription box. **Finish all liquids at least 2 hours prior to your ARRIVAL for your procedure. Do not drink on your way to your test or in the waiting room or your procedure will be canceled for patient safety reasons.** After completing the prep, you should have only clear watery or mucous discharge.

If you have any stool or color discharge, please use a fleet enema one hour before leaving for your appointment.

You may take your regular morning medications with a sip of water. You must take your medications at least two hours before you arrive for your procedure.

Arriving: You will need someone to drive you to and from your procedure and wait in the waiting room until the procedure is completed. The procedure cannot be done unless you have a driver. It will take approximately 3 hours from the time you arrive. **Taking a cab home is not an option.** You are not allowed to drive or work until the day after your procedure. **Remember to bring a list of your medications, insurance card and a photo ID.**

Female patients between the ages of 18-54 will be required to give a urine specimen for a pregnancy test unless you have had a hysterectomy.

Special circumstances:

- Patients on insulin should call their prescribing physician for instructions. For diabetics who only take diabetic pills, simply stop the pills the day before the procedure.
- Most blood thinners (Coumadin, Plavix, Xarelto) can be continued. Please check with your prescribing physician.
- Aspirin, Advil, Aleve, Ibuprofen and other arthritis medications increase your bleeding risk. Please avoid these for 5 days before your procedure if possible.
We suggest you call your insurance company to verify coverage for your procedure. A screening Colonoscopy is only allowed once every TEN years. The current diagnosis we plan to use for your colonoscopy is _________________. Give your insurance company this code when you call so you can determine if your procedure is covered under your plan. Before your procedure starts, please let us know if your insurance plan covers a screening colonoscopy or a medically necessary colonoscopy. Once we have completed your procedure, we cannot change your diagnosis.

Procedure date: _______________________

Procedure time: _______________ Arrival time: _______________

Location:

_________________________________________________________________________________

If you have any questions or concerns, please call our office at 314-996-3520. If you need to reach the office after hours, please call our exchange at 314-388-5512. **We require 7-day notice to reschedule or cancel.**

The office of Dr. Michele C. Woodley, MD