



Extended Colonoscopy Preparation

You have been scheduled for a colonoscopy on _____

COLONOSCOPY:

In order to achieve an accurate evaluation of your lower gastrointestinal (GI) tract, it is important that you properly prepare for the procedure. Doctors are able to obtain the clearest view of the bowel when it is flushed completely free of waste material. The thoroughness of this intestinal cleaning depends on you. Without your cooperation, the examination cannot accomplish its purpose and may have to be repeated.

This is an examination of your large intestine (colon). Under sedation, a long flexible tube called a colonoscopy will be inserted into your rectum and passed through your colon. Your colon will be examined in detail. Additional procedures may be performed such as taking tissue samples (biopsies) and removing polyps.

Please read all the instructions at least ONE WEEK before your scheduled procedure date so you can be adequately prepared for this procedure. A thorough cleansing of the colon is essential and the examination is most successful if you follow the directions for preparation completely. Improper cleansing may result in rescheduling your procedure. If you have any questions, please call our office at 806-696-4440.

To ensure you are comfortable and relaxed during your procedure, intravenous sedation will be given.

YOU MAY NOT DRIVE HOME AFTER YOU RECEIVE SEDATION.

You must have a responsible adult escort with a valid driver's license who will be able to drive you home after your procedure. You may not go home alone in a taxi, shuttle van or bus, as the drivers will not be responsible for you. You may not drive until the day after your procedure. We advise you to take the entire procedure day off from work.

Our highest priority is performing the most careful and safest possible examination for each and every patient.

Although we strive to remain on schedule, please understand that performing a procedure such as a colonoscopy may take longer in some patients than in others. As a result, your procedure may not be performed at the exact time you were scheduled. We ask for your patience and advise that you allow at least 4 hours for your visit.

SPECIAL CONSIDERATIONS

Please bring a list of your current medications, along with dosages, with you the day of your procedure.

- You should continue to take most of your medications, including your BLOOD PRESSURE and HEART MEDICATIONS, without interruption, including on the morning of your procedure. **Do not take lisinopril.**
 - Blood thinning medications (such as Coumadin, warfarin, Plavix, Pradaxa, Xarelto, Effient, Lovenox, Aggrenox) MAY need to be discontinued for 1 to 10 days prior to your procedure, depending on the circumstances. Please inform us if you are taking these medications. We recommend that you speak with your cardiologist or primary physician regarding stopping your blood thinners.
 - Iron pills, Vitamin E, Gingko biloba: Stop taking 7 days prior to your procedure.
 - If you are DIABETIC, check with your primary physician regarding taking your insulin or oral diabetic medications.
 - In general, you should not take any oral diabetic medications the day before or the day of your procedure. Speak with your primary physician if you are on insulin regarding how to adjust the insulin dosage.
 - All women under 50 years of age must have a urine pregnancy test performed in our office, prior to your procedure. Please be prepared to give a urine sample when you are called in to the procedure area.
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COLONOSCOPY PREP INSTRUCTIONS

PURCHASE THESE ITEMS AHEAD OF TIME (no prescription is required for any items):

- One bottle of Magnesium Citrate (citrate of magnesia)
- 8 Dulcolax laxative tablets
- Pick up your GoLytyl fluid prescription from your pharmacy

SEVEN DAYS BEFORE YOUR COLONOSCOPY:

Begin a low fiber diet - DO NOT eat nuts, seeds, popcorn, corn, bran, etc. Discontinue fiber supplements such as Metamucil, Citrucel, Fibercon, etc.

THREE DAYS BEFORE YOUR COLONOSCOPY:

Take 2 Dulcolax tablets at 7:00 pm.

TWO DAYS BEFORE YOUR COLONOSCOPY:

Take 2 Dulcolax tablets in the morning around breakfast time.
Take the whole bottle of Magnesium Citrate at 7:00 pm.

THE DAY BEFORE YOUR COLONOSCOPY:

Start a CLEAR LIQUID DIET from the moment you get up and continue all day. You may not have any solid food all day.

NO LIQUIDS CONTAINING RED DYES or SOLID FOODS

You can Drink the following until 8 Hours prior to procedure:

BEEF OR CHICKEN BOUILLION SOUP
SODAS (SPRITE/MOUNTAIN DEW/7UP)
Ginger Ale
WATER
FLAVORED WATER
JELLO OR POPSICLES
(Green/Yellow Only)

GATORADE (Yellow Only)
APPLE JUICE
WHITE GRAPE JUICE
WHITE CRANBERRY JUICE
Frozen Lemonade

Do not Eat or Drink the Following the day before/day of procedure:

No Coffee

No Tea

No Dark Carbonated beverages

No alcohol

No smoking

Throughout the day, make sure to drink at least 8 glasses (2 quarts) of fluids such as Gatorade or a similar product, preferably not only plain water.

Take your usual prescription medications.

- 2:00 PM: Take four Dulcolax tablets by mouth with 8 ounces of water.
- 5:00 PM the evening before your procedure, begin drinking the 1st half of Golytely Prep by drinking 8oz every 15 minutes until all gone. Then drink at least 16oz of clear liquids.
- At _____ (4-5 hours before your procedure) begin drinking the 2nd half of Golytely Prep by drinking 8oz every 15 min until all gone. You should be finished at least two hours before your procedure. You may not have anything to drink after you are finished.

NO LIQUIDS CONTAINING RED DYES or SOLID FOODS

You can Drink the following until 8 Hours prior to procedure:

BEEF OR CHICKEN BOUILLION SOUP

APPLE JUICE

WHITE GRAPE JUICE

WHITE CRANBERRY JUICE

JELLO OR POPSICLES

(Green/Yellow Only)

GATORADE *(Yellow Only)*

SODAS *(SPRITE/MOUNTAIN DEW/7UP)*

Ginger Ale

WATER

FLAVORED WATER

Frozen Lemonade

Do not Eat or Drink the Following the day before/day of procedure:

No Coffee

No Tea

No Dark Carbonated beverages

No alcohol

No smoking