Colonoscopy Preparation Instructions

You will need to arrive about 90 minutes prior to your colonoscopy’s scheduled procedure time:

You are scheduled on ______________ (date/time) at _______________________________ (facility).

Please call your primary care doctor’s office if you need to reschedule your colonoscopy appointment.

Please pick up your colon prep solution from your pharmacy within the next two days.

Things You Need to Know

MEDICATION & DIETARY GUIDELINES

• If you are taking blood thinners, insulin, or other diabetic medications, please make sure that you review these medications with your prescribing doctor and take them according to his/her instructions.

• Please do not take iron or fiber supplements or eat seeds, nuts, popcorn or raw vegetables one week before your colonoscopy.

• Please follow the preparation instructions (2nd dose time) designated for the time of your procedure: colonoscopy appointment prior to 11 am OR colonoscopy appointment 11 am and after.

• It is very important that you follow the AMITA Health preparation instructions regarding when you need to stop eating and drinking.

THE DAY BEFORE YOUR COLONOSCOPY

• Bowel preparation must begin the day before your colonoscopy. Your colon needs to be as clean as possible to help ensure testing effectiveness and completion.

• Read the AMITA Health Preparation Instructions on page 2 thoroughly.

• Early in the morning, mix the solution as instructed in Step 1 and refrigerate.

• DO NOT follow the instructions from your pharmacy or from prep solution labeling.

• It is important to drink clear liquids throughout the day and while drinking the prescribed bowel prep solution.

THE DAY OF YOUR COLONOSCOPY

• On the morning of your colonoscopy, you should use any prescribed inhalers and take any prescribed heart, blood pressure, anti-seizure, anti-anxiety and/or respiratory medications with a very small sip of water — just enough to swallow the medicine only.

• Make sure that you bring your picture ID and insurance card and register prior to arriving at the Endoscopy Department.

• Bring a list of all the medications you take on a regular basis, including any prescriptions, non-prescriptions, herbs or supplements. Please include how often you take the medication, along with the correct dosage.

• At the appointment, female patients of childbearing age will be required to provide a urine specimen for a pregnancy test prior to anesthesia.

AFTER YOUR PROCEDURE

• Because of the medications you will be given during the procedure, you will need a responsible, licensed driver at least 18 years of age or older to drive you home following your procedure. You may not use paid transportation. Without exception, your appointment will be canceled if you do not have a driver.

For any questions regarding your colonoscopy, please call 847.472.1999.
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For an effective procedure, you must **thoroughly** complete your prep.

## PRESCRIBED BOWEL PREP SOLUTIONS

- Nulytely®
- Golytely®
- Trilyte®

## Step 1: EARLY MORNING, DAY BEFORE COLONOSCOPY

- Add cold water to the line indicated on the container, close cap tightly, shake well and then refrigerate.

## Step 2: DRINK ONLY CLEAR LIQUIDS AND NO SOLID FOOD (see page 3)

## Step 3: DRINK THE FIRST (1ST) REFRIGERATED DOSE BETWEEN 4–6 PM, DAY BEFORE COLONOSCOPY

- Drink one eight ounce (8 oz.) glass of prep solution every 15–20 minutes until HALF of the container is gone.
- After drinking half the prep solution, it is extremely important that you then drink at least three more eight ounce (8 oz.) glasses of water or clear liquids within the next 30 minutes.
- *You may continue to drink clear liquids until you begin to drink the second dose.*
- *If you cannot tolerate the prep solution, please contact the on-call GI doctor after 5 pm using the number provided to you by the nurse navigator.*

## Step 4: KNOW THE TIMING OF YOUR SECOND (2ND) REFRIGERATED DOSE

- **Colonoscopy is scheduled before 11 am**, START your 2nd dose at 12 am (midnight).
- **Colonoscopy is scheduled at or after 11 am**, START your 2nd dose at 4–5 am on the morning of your colonoscopy procedure.

## Step 5: DRINK THE SECOND DOSE

- Drink one eight ounce (8 oz.) glass of prep solution every 15–20 minutes until the prep solution container is empty.
- After the prep solution, it is extremely important that you then drink at least three more eight ounce (8 oz.) glasses of water or clear liquids within the next 30 minutes.
- You must finish drinking all liquids, including water, at least four (4) hours before the time of your colonoscopy.

If on the morning of your colonoscopy you pass cloudy, dark or liquid stool, please contact the on-call GI doctor using the number provided to you by the nurse navigator.
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DRINK ONLY CLEAR LIQUIDS AND NO SOLID FOOD

- A clear liquid is anything you can see through if held up to light.

APPROVED CLEAR LIQUIDS

- Water
- Black coffee or black tea (no cream or artificial cream)
- Strained fruit juices WITHOUT pulp (such as apple or white grape)
- Clear broth or bouillon (for example, chicken, beef or vegetable broth)
- Carbonated or non-carbonated CLEAR soft drinks (for example, lemon-lime)
- Sports drink, powder drink mix or lemonade with no pulp — NO RED OR PURPLE
- Plain gelatin without fruit or toppings — NO RED OR PURPLE
- Ice pop or Italian ice with no pulp — NO RED OR PURPLE

NON-APPROVED LIQUIDS

- No dairy products
- No alcoholic beverages

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