

---

### COLONOSCOPY PREPARATION

A **COLONOSCOPY** is a procedure that enables your physician to examine the lining of the colon (large bowel) for abnormalities by inserting a flexible tube that is about the thickness of your finger into the anus and advancing slowly through the rectum and entire colon.

#### General Instructions

- **Diabetics** may prefer an early morning appointment. They may also need to do some medication changes prior to the colonoscopy. If you are diabetic, please call the physician who manages your diabetes one week prior to your procedure to discuss the need to change your insulin or oral medication.
- **Internal Defibrillator Device Patients:** please bring your device information card with you to the appointment.

#### Seven Days Prior to Your Colonoscopy

- Discontinue **iron preparations**
- If you are taking **anticoagulants** such as Coumadin, Heparin, Pradaxa, Lovenox, or Plavix, these medications may need to be stopped between 1 and 7 days prior to the procedure depending on the medication used and the procedure to be done. Please contact your prescribing physician for recommendations on when or if ok to stop well in advance.

#### Five Days Prior to Your Colonoscopy

- Begin a low residue diet: No nuts, seeds, popcorn, corn, etc.
- Discontinue **fiber supplements** such as Metamucil, Citrucel, Benefiber
- Discontinue **vitamin supplements**

#### Two Days Prior to Your Colonoscopy

- Start a clear liquid diet. **ABSOLUTELY NO SOLID FOOD UNTIL AFTER THE PROCEDURE IS DONE.** Your breakfast, lunch and dinner on this day should be clear liquids only.
- At 5pm drink a bottle of **MAGNESIUM CITRATE**

#### Examples of clear liquid items include:

- **CLEAR BROTH**
- **JELLO** (NO FRUIT IN IT, NO RED OR PURPLE)
- **COFFEE OR TEA** (NO MILK)
- **LEMON JUICE**
- **SODAS** (COKE, SPRITE, ETC.)
- **POWERADE, GATORADE, KOOL-AID** (NO RED OR PURPLE)
- **JUICES THAT YOU CAN SEE THROUGH WITH NO PULP** (LIKE APPLE OR WHITE GRAPE JUICE)
- **POPSICLES** (NO RED OR PURPLE)

### One Day Prior to Your Colonoscopy

- The **WHOLE DAY** before your colonoscopy you will continue a clear liquid diet. **ABSOLUTELY NO SOLID FOOD ON THAT DAY OR THE DAY OF YOUR COLONOSCOPY UNTIL AFTER THE PROCEDURE IS DONE.** Your breakfast, lunch and dinner on this day should be clear liquids only.
- Mix your **BOWEL PREPARATION** as instructed on the container and **REFRIGERATE.**
- **At 5pm begin drinking the solution.**
  - Drink 6-8 ounces of the preparation every 15 minutes, if possible, or as often as you can tolerate, within a 3-4 hour period.
  - Drink until the jug is  $\frac{3}{4}$  **EMPTY.**
    - Feelings of bloating and/or nausea are common, but are temporary and usually disappear once bowel movements begin. If the nausea continues, stop drinking for 30 minutes, get up and walk around, then resume.
    - Avoid products containing sugar 2 hours before and 2 hours after the preparation.
    - Bowel movements usually occur 1 to 2 hours after the first glass. They will continue for a couple of hours. **It is important to continue drinking clear liquids until bedtime.**

### The Day of Your Colonoscopy

- You can drink clear liquids up until 3 hours before your procedure. **No solid food at all.**
  - You can take your usual blood pressure medications in the morning with a sip of water.
  - No jello at all
  - **FOUR HOURS** before your scheduled colonoscopy drink 6-8 ounces of the remaining preparation every 15 minutes, until the jug is empty. [There should be 1 liter remaining, i.e. 4 glasses, which you should finish over the course of 1 hour.]
- **Three hours before your colonoscopy, you should NOT drink any more liquids or the preparation. Even if you are not finished with your preparation, you SHOULD STOP drinking 3 hours before your procedure time.**
- **DO NOT eat any solid food the day before the colonoscopy or after midnight on the day of your colonoscopy.**

---

**FAILURE TO FOLLOW THESE INSTRUCTIONS MAY LEAD  
TO POSTPONEMENT OR CANCELLATION OF YOUR  
PROCEDURE**

---

Your procedure is scheduled with Dr. \_\_\_\_\_

Please arrive one hour prior to your procedure at \_\_\_\_\_AM/PM  
to Emory Clinic Endoscopy Center located at:

\_\_\_ 1365 Clifton Road Building B 1<sup>st</sup> floor Atlanta, GA 30322

\_\_\_ 4555 North Shallowford Road, Dunwoody, GA 30338

You may wish to bring reading material, socks, a sweater or a light wrap. Please leave all valuables at home. If you have any questions about these instructions please call 404-778-3184 and ask to be connected with the nurse during working hours. For urgent problems after hours ask to speak with the GI fellow on call. **A RESPONSIBLE ADULT MUST DRIVE YOU HOME AFTER THE EXAM. For your safety, a cab or city bus is not permitted.**

---

Our goal is to provide you with the highest quality of care, in a timely manner. As such, late cancellations or missed appointments can delay access for other patients awaiting care. Please be aware that the ASC Endoscopy Unit has a late cancel and missed appointment policy.

We understand that things may come up and you may need to reschedule or cancel your appointment. If so, please call us **at least 2 business days in advance** of your appointment. If for some reason you are unable to attend and you do not notify us 2 business days in advance, there will be a **\$100.00 charge**. Please give us a call at **404-778-3184** for any schedule changes. Thank you and we look forward to serving you.

---