

## INSTRUCTIONS FOR 2 DAY COLONOSCOPY PREP

**\*\*\*You will need to purchase one bottle of Magnesium Citrate and one Saline water enema (available over the counter), and pick up the Prescription for CoLyte/GoLyteLy from your pharmacy\*\*\***

**Colonoscopy:** The visual examination of the large intestine (colon) using a lighted flexible fiber optic endoscope.

**Note:** Individual responses to laxatives do vary. This prep may cause multiple bowel movements. Often works within 30 mins; may take as long as 3 hours. If you are unable to keep the prep down, please call your physician.

**Consult your Primary Care Physician if you are taking or have the following medical concerns:**

**Coumadin/Jantoven/warfarin:** Stop it four (4) days before your colonoscopy **if approved by your physician prescribing** this medication.

**Do not take this medication on the day of your procedure. Ask your physician when to resume this medication**

**Plavix (clopidogrel)/Pradaxa/Pletal (cilostazol)/Effient and Eliquis;** Stop it three (3) days before colonoscopy-**only if approved by prescribing physician**

**Brilinta:** Stop five (5) days before colonoscopy- **only if approved by prescribing physician**

**Aggrenox:** Stop three (3) days to five (5) days prior to colonoscopy- **only if approved by prescribing physician**

**Xarelto/Savaysa:** Stop 24 hours before colonoscopy- **only if approved by prescribing physician**

**Iron pills:** Stop for seven (7) days before colonoscopy

**Dialysis Treatment:** Alternate treatment may be used.

**\*\*Anti-Seizure Medication:** Take at least 2 hours before the scheduled colonoscopy with a small sip of water.

**\*\*Blood Pressure/Heart Medication:** Please take your morning dose at least 2 hours before your colonoscopy with a small sip of water.

**Insulin:** You may need to adjust your insulin dosages. Please speak with your monitoring physician for further instructions. **Ask your physician when to resume your insulin.**

**Inhalers:** Please bring your "rescue" inhaler to your appointment, even if you have not needed to use it for some time.

**Heart Valve Replacement/ Pacemaker with Internal Defibrillator**

## TWO DAYS BEFORE PROCEDURE

MAY HAVE A LIGHT BREAKFAST, LIQUIDS THE REMAINDER OF THE DAY

6:00 PM DRINK ONE BOTTLE OF **MAGNESIUM CITRATE** FOLLOWED BY at least 16 OZ. OF CLEAR LIQUID.

**No tomatoes or corn 2 days prior to procedure**

### CLEAR LIQUIDS

Water

Strained fruit juices without pulp

Broth or Bouillon

Jello – any flavor – no red jello

Clear sodas – 7up, Sprite, Ginger Ale, etc.

Popsicles – no red or purple

Coffee or Tea without creamer

Ensure and Ensure plus (vanilla only)

No red or purple liquids

## ONE DAY BEFORE THE PROCEDURE

If you have been holding your Coumadin/Jantoven/Warfarin you will need a PT/INR (lab test) taken 24 hours prior to exam if requested by physician. CLEAR LIQUIDS DIET ALL DAY – **no milk or milk products.**

Prepare **COLYTE/GOLYTELY** according to instructions if not already mixed in gallon of water

**AT 6:00 PM START DRINKING COLYTE/GOLYTELY (8OZ EVERY 10 to 15 MINUTES UNTIL ALL IS FINISHED).** You may flavor with crystal light flavoring packets (no red or purple)

## DAY OF PROCEDURE

**1. Nothing by mouth after midnight except approved medications listed above\*\* with a sip of water. You may brush your teeth and rinse with water. NO GUM, MINTS OR LOZENGES. NO CHEWING TOBACCO**

**2. Two (2) HOURS PRIOR TO PROCEDURE–SALINE ENEMA UNTIL CLEAR**

**3. You will be medicated and you need to bring someone with you to drive you home.**

**4. Bring a current list of medications and colostomy supplies if applicable; if Menstruating please use a tampon if possible.**

**On the day of your procedure, report to the following unless otherwise instructed by your physician:**

**The Endoscopy Center of Topeka, 785.354.1254**

2200 SW 6<sup>th</sup> Avenue, Suite 103

Topeka, KS 66606

Check-in Date: \_\_\_\_\_

Check-in Time: \_\_\_\_\_

KMC Gastroenterology, 785-354-8518

**If you are unable to keep your appointment, please notify the office within 48 hours prior to your scheduled procedure.**