

PATIENT PREPARATION FOR A COLONOSCOPY DR. JIRI BEM

COLONOSCOPY: A complete lower GI examination to look at your whole large colon.

DATE AND TIME OF COLONOSCOPY: _____.

Sign in at Patient Registration at Upstate Medical University Hospital in the main lobby 45 minutes prior to your procedure: _____.

INSTRUCTIONS FOR PREPARATION OF A COLONOSCOPY:

DO NOT eat any nuts, corn, or food with seeds 7 days prior to your exam. **DO NOT** eat any red Jell-O, beets, rhubarb, rutabagas.

STOP ASPIRIN AND PLAVIX 7 DAYS BEFORE THE PROCEDURE.

Stop anti-inflammatory and non-steroidal anti-inflammatory medications such as Motrin, Ibuprofen, Naprosyn, Aleve, Advil, Celebrex, Vioxx, etc. **3 days before.**

Stop Coumadin 5 days before.

Please stop the following medications 1 week before your exam:

IRON PRODUCTS: ferrous sulfate, ferrous gluconate

The colon must be completely cleansed and empty. This is achieved by drinking the bowel cleansing solution given or prescribed to you. Failure to follow these instructions could lead to an unsuccessful colonoscopy that might have to be repeated.

The day prior to the procedure: _____

- You may have **ONLY** clear liquids such as water, clear fruit juices (apple, grape, cranberry), tea, clear soda, bouillon, plain Jell-O, and popsicles until 5 p.m. From 5 p.m. to 8 p.m. – **NOTHING.**

Start drinking half of the bowel cleansing solution at 6 p.m. Drink 8 oz. every 10 to 15 minutes until it is gone.

The day of the procedure: _____

- Start drinking the last half of the bowel cleansing solution at 6 a.m. Drink 8 oz. every 10 to 15 minutes until it is gone. ***Make sure to stop drinking by 8 a.m., or 3 hours before your procedure.**

It is **ABSOLUTELY NECESSARY** to drink the entire gallon to prevent the retention of stool - This will cause you to have loose, watery bowel movements.

You may drink as much water as you like until midnight. **NOTHING** the morning of procedure.

Call with any change of telephone number. If you need to cancel or change your appointment, please call us 48 hours in advance at 315 464-1800.

- Because of the medications given to you during the examination, **YOU MUST HAVE SOMEONE ACCOMPANY YOU HOME AFTER YOU ARE DISCHARGED. IF YOU COME WITHOUT SOMEONE, YOUR TEST WILL NOT BE DONE.**
- **Medications:** Continue your usual medications as scheduled. You may take your medications the morning of the procedure with a small amount of water.

FOR DIABETICS: If you are a diabetic taking insulin injections, administer one half your usual dose the day before the procedure. Unless told differently by your physician, continue your usual dose the next day after the procedure.

The following are very important points and need to be known before you get to the hospital, as you will need IV antibiotics: 1) Heart murmur, artificial valve;
2) Joint replacements within 2 years. You will need to report 2 hours before your scheduled time.