

Our office staff will call you with your confirmed check-in time one day before your procedure. Due to emergency cases, children, or diabetic patients being added to the schedule up to the day of your procedure times are sometimes changed -- don't be alarmed if this happens.

Your procedure is scheduled at:

Silverton Hospital
342 Fairview Street
503.873.1500

PREPARATION

Colonoscopy is an examination of the colon (large bowel) with a flexible tube about the thickness of your pinkie finger, which transmits a live color image onto a television screen. There are many things a person would rather do than undergo a bowel prep for a colonoscopy, but your efforts at cleansing your colon are essential for an accurate procedure. These instructions are designed to maximize the ease, safety and success of your preparation. If you have kidney failure, unstable angina, congestive heart failure, have had a recent heart attack, or experience problems/difficulty drinking large amounts of liquid, you should let your doctor know. It is **extremely** important for you to drink large amounts of clear liquids while doing this bowel cleansing prep!

Purchase at the pharmacy or grocery store

- Suprep bowel prep kit or nulytely bowel prep kit
- 2 Bisacodyl tablets
- Clear liquids (see list on next page)
- 10 oz. bottle of Magnesium Citrate

ONE WEEK BEFORE PROCEDURE

- **Do not** take **iron**, vitamins, or herbal supplement in pill form one week prior to your exam.
- Try to avoid food with seeds such as flax seed, popcorn, nuts, berries, etc
- Do not eat fat free products that contain Olean or Olestra usually found in some fat free potato chips.
- **Tylenol** is safe to use prior to this procedure as needed, take your usual medications during the preparation unless stated otherwise by our physician.

Instructions Continued →

THREE DAYS BEFORE PROCEDURE

- You may eat regular meals today. Try to avoid eating any foods, fruits, or vegetables with small seeds.(such as poppy seeds and strawberry seeds).
- Stop taking iron supplements and vitamins (these may make make yourself constipated and color your colon).
- At bedtime take two Bisacodyl tablets with a glass of water. (Do not chew or dissolve tablets.)

TWO DAYS BEFORE PROCEDURE

- You may have a low fiber meal for breakfast and lunch.
- At noon start a clear liquid diet.

Juices: Apple, white grape, or white cranberry

Soups: Beef, chicken, or vegetable clear broths

Beverages: Tea, Kool-Aid, water

Sports Drinks: Gatorade, Powerade, Propel, Snapple

Desserts: water ices, Italian ices, popsicles, Jell-O (any color except red)

Avoid liquids that are red in color such as some teas and red grape or cranberry juice. Avoid dairy products and juices with pulp such as orange or grapefruit juice. Avoid solid foods.

5 p.m. take one 10 oz. bottle of Magnesium Citrate

DAY BEFORE THE PROCEDURE

- Stay on a clear liquid diet. Do not eat Jell-O after 5 p.m. At 5 p.m. take half of your bowel prep kit, at 10 p.m. take the other.
- If your scope is scheduled for 11 a.m. or later, take the second half of your prep solution starting at 5 a.m.
- Do not drink liquids an hour before your procedure.

You must be accompanied by a friend or relative to drive you home, you **may not drive**, go home in a taxi or by bus. If this procedure is not followed, your procedure may be cancelled. **I.V. sedation will be given for this procedure.**

EXCEPTION:

- Ask for special instructions if you take major Blood thinners such as Coumadin, Warfarin, Plavix, or Aggrenox.
- If you take insulin or other diabetic meds please ask for special instructions.
- Bring a list of your medications (including the dosages) and list any allergies you may have.
- Wear loose comfortable clothing.

Remember: please call us if you have questions, need to cancel, or reschedule. You should plan to be at the hospital at least 3-4 hours to check in, have the procedure, recover, and receive the doctors report. It is recommended that you do not return to work, drive, or use any power equipment on the day of the procedure.

Thank you!

Notes:
