

HOW TO PREPARE FOR YOUR COLONOSCOPY

Please Read Carefully

Your screening colonoscopy is scheduled at Taylor Station Surgery Center located at 275 Taylor Station Rd Columbus, OH 43213; phone 614-751-4466:

Day	Date	Arrival Time	Procedure Time
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The Day Before Your Colonoscopy

In the Morning

Start a clear liquid diet at breakfast. This includes clear fruit juices, Kool-Aid, jello, clear broths, sweetened coffee or tea and other bottled beverages such as soda and sports drinks.

- DO NOT eat or drink anything purple or red in color
- Avoid milk and milk products
- DO NOT eat any solid food the day before the colonoscopy

Any of the following are OK to drink:

 Water	 Limeade, Lemonade or Kool-Aid (not red)
 Clear Broth or Bullion	 Coffee or Tea (no milk products)
 Jell-O (not red)	 Clear Juices without pulp: apple, white grape or cranberry, Sports drinks or soda
 Popsicles (not red)	 Hard candy, honey sugar

You may not drink:

- Smoothies or other dairy products
- Orange juice, fruit nectars or vegetable juices
- Alcohol

Prepare the Bowel Prep Prescription

- Choose one of the flavor packets and add it to the four-liter bottle.
- Add water to the fill line. Cap the bottle and shake it to dissolve the powder.
- Refrigerate

In the Evening

Begin drinking the solution at 6 p.m.

- Drink an 8 ounce glass of the solution every 10 minutes.
- It is best to drink the whole glass of solution quickly rather than sipping small amounts.
- Keep drinking the solution every 10 minutes until 2 liters (half the container) has been consumed.
- Place the remaining 2 liters in the refrigerator.
- Do not eat any solid food.

Bowel movements should begin approximately one hour after you start drinking the solution.

- These bowel movements will continue for several hours after finishing the last glass.
- You may experience some abdominal bloating, fullness or nausea. This is temporary and should subside once your bowels start to move.

The Day of Your Colonoscopy

Four hours before leaving home for the colonoscopy, drink the remaining solution.

- Drink an 8 ounce glass of the solution every 10 minutes.

STOP the clear liquid diet 3 hours before your scheduled colonoscopy time, except for small sips of water to take medications, if needed.

Medications

- Continue taking your essential medications according to schedule.
- Medications may be taken with small sips of water.
- If you are a diabetic, please check with the physician that prescribes your diabetic medication to determine what dose you should take the day before your colonoscopy.
- **DO NOT** take your diabetic medication the morning of your colonoscopy.
- You must discontinue taking **COUMADIN 4 days** before and **PLAVIX 7 days** before your colonoscopy.
 - Please contact your Primary Care Physician or Cardiologist before you stop taking these medications.

Please Note:

- You will not be allowed to drive yourself home after this procedure. Arrange to have someone drive you home.
- You will be at the facility 2 to 3 hours total.
- You can return to your normal activities the day after your colonoscopy.

Following the bowel prep instructions is very important.

If the bowel prep is inadequate, the colonoscopy may have to be cancelled or repeated.

If you have any questions about the bowel prep prescription or the screening colonoscopy procedure, call the Colon Health Program at 614-546-3800 or by e-mail at colonhealthprogram@mchs.com