

How to Prepare for your Colonoscopy

IMPORTANT - Please Read These Instructions at Least Two Weeks Before Your Colonoscopy

Key Instructions:

- Your bowel must be empty so that your doctor can clearly view your colon. Follow all of the instructions in this handout **EXACTLY** as they are written.

If you do **NOT** follow the directions for when to start drinking the bowel preparation (see next page), your colonoscopy **WILL be cancelled**.

- Do NOT eat any solid food the ENTIRE day before your colonoscopy.**
- Buy your bowel preparation **1 day** before your colonoscopy.
- Do **NOT** mix the solution **until the day before your** colonoscopy.

Designated Driver on the Day of Your Exam

A responsible adult (family member or friend) **MUST** come with you to your colonoscopy and **REMAIN** in the endoscopy area until you are discharged!

You are **NOT ALLOWED** to drive, take a taxi or bus, or leave the Endoscopy Center **ALONE**. **If you do not have a responsible adult (family member or friend) with you to take you home, your exam cannot be done with sedation and will be cancelled.**

Medications

Some of the medicines you take may need to be stopped or adjusted before your colonoscopy.

You **MUST** call the doctor who ordered any of the following medicines at least **2 weeks** before your colonoscopy.

Blood thinners - such as **Coumadin**® (warfarin), **Plavix**® (clopidogrel), **Ticlid**® (ticlopidine hydrochloride), **Agrylin**® (anagrelide), **Xarelto**® (Rivaroxaban), **Pradaxa**® (Dabigatran), and **Effient**® (Prasugrel).

Insulin or diabetes pills. Please call the doctor that monitors your glucose levels. Your insulin dosage may need to be adjusted due to the diet restrictions required with this bowel preparation. (Please bring your diabetes medicines with you on the day of your procedure.)

If you take aspirin, take it and **ALL** other medications prescribed by your doctor. **On the day of your colonoscopy, take your medications with a sip of water.**

Five (5) Days Before Your Colonoscopy

- Do **NOT** take medicines that stop diarrhea - such as Imodium®, Kaopectate®, or Pepto Bismol®.
- Do **NOT** take fiber supplements - such as Metamucil®, Citrucel®, or Perdiem®.
- Do **NOT** take products that contain iron - such as multi vitamins - (the label lists what is in the products).
- Do **NOT** take Vitamin E.
- Do **NOT** eat high-fiber foods - such as popcorn, beans, seeds, (flax, sunflower, quinoa) multi grain bread, nuts, salad/vegetables, or fresh and dried fruit.

Buy the prescription bowel preparation solution at your local pharmacy or drugstore pharmacy.

One (1) Day Before Your Colonoscopy

Only drink clear liquids the ENTIRE DAY before your colonoscopy. Do NOT eat any solid foods. Drink at least **8 ounces** of clear liquids every hour after waking up. The clear liquids you can drink include:

- Water, apple or white grape juice; broth; coffee or tea (without milk or creamer); clear carbonated beverages such as ginger ale or lemon-lime soda; Gatorade® or other sports drinks (not red); Kool-Aid® or other flavored drinks (not red).

You may eat plain Jello or other gelatins (not red) or popsicles (not red).

Do **NOT** drink alcohol on the day before or the day after the procedure.

When to Mix and Drink Your Bowel Prep

The MoviPrep carton contains pouches and a disposable container for mixing. **Follow the mixing instructions on the carton.** Mix the MoviPrep solution **no sooner than 24 hours before it will be used.** Do not add ice, sugar or flavorings to the solution. Do not take more than the recommended dose or serious side effects could occur. You can refrigerate the preparation before drinking.

Evening before Colonoscopy

- Start drinking MoviPrep at **4:00 PM** the evening before your colonoscopy. Drink an **8-oz** glass of bowel preparation every **15-20** minutes as tolerated for a total of **8** glasses. If this becomes difficult, you may spread it out a little. Just make sure to finish all of the prep.

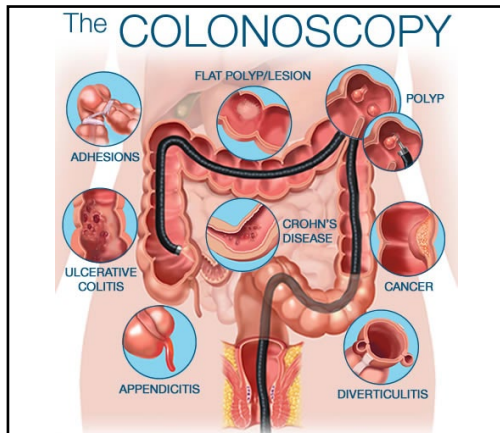
You may continue to drink clear liquids up to 2 hours before your colonoscopy.

Colonoscopy Procedure Overview

Please Read ~~P~~rior to the Procedure

What is a Colonoscopy?

A colonoscopy is an outpatient procedure in which the inside of the large intestine (colon and rectum) is examined. A colonoscopy is commonly used to evaluate gastrointestinal symptoms, such as rectal and intestinal bleeding, abdominal pain, or changes in bowel habits. Colonoscopies are also performed in individuals without symptoms to check for colorectal polyps or cancer. A screening colonoscopy is recommended for anyone 50 years of age and older, and for anyone with parents, siblings or children with a history of colorectal cancer or polyps.



What Happens Before a Colonoscopy?

To have a successful colonoscopy, your bowel must be empty so that your physician can clearly view the colon. **To do this, it is very important to read and follow all of the instructions given to you at least 2 weeks BEFORE your exam.** If your bowel is not empty, your colonoscopy will not be successful and may have to be repeated.

If you feel nauseated or vomit while taking the bowel preparation, wait 30 minutes before drinking more fluid and start with small sips of solution. Some activity (such as walking) or a few soda crackers may help decrease the nausea you are feeling.

If the nausea persists, please contact the General Surgery Clinic at (760) 924-4014.

You may experience skin irritation around the anus due to the passage of liquid stools. To prevent and treat skin irritation, you should:

- Apply Vaseline® or Desitin® ointment to the skin around the anus before drinking the bowel preparation medications. These products can be purchased at any drugstore.
- Wipe the skin after each bowel movement with disposable wet wipes instead of toilet paper. These are found in the toilet paper area of the store.
- Sit in a bathtub filled with warm water for 10 to 15 minutes after you finish passing a stool; after soaking, blot the skin dry with a soft cloth, apply Vaseline® or Desitin® ointment to the anal area, and place a cotton ball just outside your anus to absorb leaking fluid.

What Happens During a Colonoscopy?

During a colonoscopy, an experienced physician uses a colonoscope (a long, flexible instrument about 1/2 inch in diameter) to view the lining of the colon. The colonoscope is inserted into the rectum and advanced through the large intestine. If necessary during a colonoscopy, small amounts of tissue can be removed for analysis (a biopsy) and polyps can be identified and entirely removed. In many cases, a colonoscopy allows accurate diagnosis and treatment of colorectal problems without the need for a major operation.




What Happens After a Colonoscopy?

- You are asked to wear a hospital gown and an IV will be started
- You are given a pain reliever and a sedative intravenously (in your vein). You will feel relaxed and somewhat drowsy.
- You will lie on your left side, with your knees drawn up towards your chest.
- A small amount of air is used to expand the colon so the physician can see the colon walls.
- You may feel mild cramping during the procedure. Cramping can be reduced by taking slow, deep breaths.
- The colonoscope is slowly withdrawn while the lining of your bowel is carefully examined.
- The procedure lasts from 30 minutes to 1 hour.
- You will stay in a recovery room for observation until you are ready for discharge.
- You may feel some cramping or a sensation of having gas, but this quickly passes.
- If sedation has been given, **a responsible adult (a family member or friend) must drive you home.**
- Avoid alcohol, driving, and operating machinery for 24 hours following the procedure.
- Unless otherwise instructed, you may immediately return to your normal diet. We recommend you wait until the day after your procedure to resume normal activities.
- If polyps were removed, or a biopsy was taken, the physician performing your colonoscopy will tell you when it is safe to resume taking your blood thinners.
- If a biopsy was taken or a polyp was removed, you may notice a little amount of rectal bleeding for 1 to 2 days after the procedure. If you have a large amount of rectal bleeding, high or persistent fevers, or severe abdominal pain within the next 2 weeks, please go to your local emergency room and call the physician who performed your exam.

PREPARING FOR YOUR COLONOSCOPY

Low-Fiber Diet for Colonoscopy Preparation

Five days before your colonoscopy, eat only low-fiber foods listed below.

TYPE OF FOOD OR DRINK	YES — OK to EAT THESE FOODS	NO — AVOID THESE FOODS
Milk and dairy 	OK to eat: <ul style="list-style-type: none">• Milk• Cream• Hot chocolate• Buttermilk• Cheese, including cottage cheese• Yogurt• Sour cream	NO yogurt mixed with: <ul style="list-style-type: none">• nuts, seeds, granola• fruit with skin or seeds (such as berries)
Bread and grains 	OK to eat: <ul style="list-style-type: none">• Breads and grains made with refined white flour (including rolls, muffins, bagels, pasta)• White rice• Plain crackers, such as Saltines• Low-fiber cereal (including puffed rice, cream of wheat, corn flakes)	NO whole grains or high-fiber: <ul style="list-style-type: none">• Brown or wild rice• Whole grain bread, rolls, pasta, or crackers• Whole grain or high-fiber cereal (including granola, raisin bran, oatmeal)• Bread or cereal with nuts or seeds
Meat 	OK to eat: <ul style="list-style-type: none">• Chicken• Turkey• Lamb• Lean pork• Veal• Fish and seafood• Eggs• Tofu	NO tough meat with gristle

PREPARING FOR YOUR COLONOSCOPY

TYPE OF FOOD OR DRINK

YES — OK to EAT THESE FOODS

NO — AVOID THESE FOODS

Legumes



None allowed

NO:

- Dried peas (including split or black-eyed)
- Dried beans (including kidney, pinto, garbanzo/chickpea)
- Lentils
- Any other legume

Fruits



OK to eat:

- Fruit juice without pulp
- Applesauce
- Ripe cantaloupe and honeydew
- Ripe, peeled apricots and peaches
- Canned or cooked fruit without seeds or skin

NO seeds, skin, membranes; or dried fruit:

- Raw fruit with seeds, skin, or membranes (includes berries, pine apple, apples, oranges, watermelon)
- Any cooked or canned fruit with seeds or skin
- Raisins or other dried fruit

Vegetables



OK for some if cooked or canned:

- Canned or cooked vegetables without skin or peel (includes peeled carrots, mushrooms, turnips, asparagus tips)
- Potatoes without skin
- Cucumbers without seeds or peel

NO raw, skin, seeds, peel; or certain other vegetables:

- Corn
- Potatoes with skin
- Tomatoes
- Cucumbers with seeds and peel
- Cooked cabbage or Brussels sprouts
- Green peas
- Summer and winter squash
- Lima beans
- Onions

PREPARING FOR YOUR COLONOSCOPY

TYPE OF FOOD OR DRINK

YES — OK to EAT THESE FOODS

NO — AVOID THESE FOODS

Nuts, nut butter, seeds



OK to eat:

- Creamy (smooth) peanut or almond butter

NO nuts or seeds:

- Nuts including peanuts, almonds, walnuts
- Chunky nut butter
- Seeds such as fennel, sesame, pumpkin, sunflower

Fats and oils



OK to eat:

- Butter
- Margarine
- Vegetable and other oils
- Mayonnaise
- Salad dressings made without seeds or nuts

NO salad dressing made with seeds or nuts

Soups



OK to eat:

- Broth, bouillon, consomme, and strained soups
- Milk or cream-based soup, strained

No:

- Unstrained soups
- Chili
- Lentil soup
- Dried bean soup
- Corn soup
- Pea soup

PREPARING FOR YOUR COLONOSCOPY

TYPE OF FOOD OR DRINK

YES — OK to EAT THESE FOODS

NO — AVOID THESE FOODS

Desserts



OK to eat:

- Custard
- Plain pudding
- Ice cream
- Sherbet or sorbet
- Jell-O or gelatin without added fruit or red or purple dye
- Cookies or cake made with white flour, prepared without seeds, dried fruit, or nuts

NO:

- Coconut
- Anything with seeds or nuts
- Anything with added red or purple dye
- Cookies or cakes made with whole grain flour, seeds, dried fruit, or nuts

Drinks or beverages



OK to eat:

- Coffee
- Tea
- Hot chocolate or cocoa
- Clear fruit drinks (no pulp)
- Soda and other carbonated beverages
- Ensure, Boost, or Enlive without added fiber

NO:

- Fruit or vegetable juice with pulp
- Beverages with red or purple dye

Other



OK to eat:

- Sugar
- Salt
- Jelly
- Honey
- Syrup
- Lemon juice

NO:

- Coconut
- Popcorn
- Jam
- Marmalade
- Relishes
- Pickles
- Olives
- Stone-ground mustard