

## COLONOSCOPY PRE OP INSTRUCTIONS

Confirm Date, time and **FACILITY LOCATION**

Milk of magnesium (MOM): 3 tablespoons at bedtime for 5 days before procedure

**THREE (3) DAYS BEFORE PROCEDURE:** Avoid eating nuts, seeds, popcorn, grapes, green peas, beans and tomatoes

**DAY BEFORE PROCEDURE:**

Clear liquid Diet **ALL** day long ( **WHOLE DAY, NO SOLID FOODS**):

- Clear liquids: Water, Sprite, Seven up, Light colored drinks, black coffee and/or tea without sugar or cream, chicken broth ( without chicken or noodles), apple juice, light colored popsicles ( **YOU MAY CONTINUE CLEAR LIQUIDS UNTIL 4 HOURS BEFORE PROCEDURE**)
  - **DO NOT DRINK (TAKE):** Cream, sugar, dairy products (Milk, yogurt, colored drinks, solid foods)
  - In the Morning; Prepare your Nulytely with flavor packs solutions according to directions and refrigerate
  - Magnesium Citrate: Drink the bottle starting at 12 PM (NOON). Note/ followed by 2-3 glasses of Clear liquids
  - Dulcolax: Take 4 tablets at the same time at 6 PM. note / Followed by 2-3 glasses of Clear liquids
  - Nulytely:
    - Start drinking ½ (half) the gallon of Nulytely at 8 PM – 8oz every 15 minutes. Note/ Followed by 1-2 glasses of clear liquids until finished
    - Start drinking second ½ (half) the gallon of Nulytely – 8oz every 15 minutes 5-6 hours before your procedure
- ARRIVAL TIME.**

**MEDICATION INSTRUCTIONS (5 DAYS BEFORE PROCEDURE)**

You will need to discontinue the medications listed below:

- Aspirin (Bayer, Ecotrin, Excedrin)
- Coumadin (Warfarin), Plavix (Clopidogrel)
- Ibuprofen (Advil, Motrin), Ketoprofen, Naproxen (Aleve) and other NSAIDs (non-steroidal anti-inflammatory drugs)
- Other pain/arthritis medications/blood thinners

### DIABETIC PATIENTS:

- If you are taking an oral hypoglycemic (sugar pill): **DO NOT** take it the day of your procedure.
- If you are taking insulin, please take ½(half) of your prescribed AM insulin dose, the day of your procedure

**YOU CAN CONTINUE YOUR OTHER REGULAR MEDICATIONS WITH ONLY A SIP OF WATER UNLESS INSTRUCTED OTHERWISE**

**MUST HAVE A FRIEND OR RELATIVE TO DRIVE AND ASSIST YOU HOME.YOU ARE NOT ALLOWED TO TAKE TAXI OR PUBLIC TRANSPORTATION HOME WITHOUT A COMPANION AFTER PROCEDURE**