

# Preparing for Your Colonoscopy



A guide for patients



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## PREPARING FOR YOUR COLONOSCOPY

Your colonoscopy has been scheduled. As you get closer to the date of your procedure, you will need to follow the preparation instructions carefully. In some cases, preparation begins five days before the procedure. Please reach out to your physician if you have any questions or need to make adjustments to your medication.

## YOUR APPOINTMENT

- Your colonoscopy is scheduled with Dr. \_\_\_\_\_ on / / at AM/PM.
- If you need to reschedule your appointment, please call 508-222-2021. Please note, we will not reschedule your appointment after three (3) cancellations.
- Please arrive at **Sturdy Memorial Hospital**, 211 Park Street, Attleboro, MA and enter through the Surgical Day Center by AM/PM.
- You must have a ride home after your procedure and someone must accompany you. You will not be allowed to drive, walk, use Uber, Lyft, taxi or bus service, Dial-A-Ride, or other public transportation to get home. This is for your safety as you will be receiving sedation medication that may make you confused or forgetful. No exceptions will be made.
- On the day of your procedure, you will need to bring your photo ID and your insurance card. Please leave all cash, credit cards, jewelry, and other valuables at home.
- Do not eat or drink anything on the day of your procedure. Your colonoscopy prep should be finished at least 3 hours before your procedure.

## THE DAY BEFORE YOUR PROCEDURE

- You may have a light breakfast before 10 AM. This includes:
  - Eggs
  - White toast
  - Coffee
  - Yogurt
- Starting at 10 AM the day before your procedure, start a clear liquid diet, which includes:
  - Chicken, vegetable or beef broth without noodles
  - Tea or black coffee
  - Clear juices, Gatorade or soda
  - JELL-O gelatin
- You must avoid anything red, purple, or blue in color.
- Starting at 5 PM, drink the first half of the prescription bowel prep (laxative). Mix the prep according to the package instructions, but please follow office instructions about **when** to drink it and **how** much to drink.

## ON THE DAY OF YOUR PROCEDURE

- Drink the second half of the laxative at 10 AM.
- The prep must be finished 3 hours before your procedure time.
- Do **not** eat or drink **anything** after you finish the bowel prep.

## MEDICATION MANAGEMENT

If you are taking medication, you may need to make adjustments prior to your procedure. Speak to your primary care provider before making any changes.

- You should stop taking your prescription blood thinners such as Coumadin (Warafin), or Plavix **five (5) days before** your procedure. You should stop taking Xarelto or Eliquis prescriptions **48 hours before** your procedure. Make sure you clear these changes in your medication with your prescribing provider first.
- If you are on a high dose Aspirin 325mg, you should stop taking it **five (5) days before** your procedure. If you are taking Aspirin 81mg daily, you may continue.
- The day **before** your procedure, take all of your non-diabetic, non-blood thinner regular medications.
- **On the day** of your procedure, only take morning medications that are for blood pressure.

## FOR DIABETICS

- The day **before** your procedure, reduce the dose of your diabetic medication/insulin by half.
- **On the day** of your procedure, do not take any diabetic pills. If you take long-acting insulin the morning, take half your dose.
- Do not take short acting insulin the day of your procedure unless your sugars are excessively high. If you feel lightheaded, you may sip on juice or hard candy.

## TIPS FOR SUCCESSFUL PREP

We understand that preparing for a colonoscopy can cause some anxiety, but this procedure is necessary and effective for detecting colorectal cancer and polyps. We want you to be as comfortable as possible. Here are a few tips to help you prepare:

- Start eating smaller meals a few days before your procedure and incorporate more soups, steamed vegetables, smoothies, and pasta.
- Avoid foods that are more difficult for your body to digest such as nuts, fruits with seeds or skins, popcorn, red meat, corn, and fried foods.
- On the day that your prep begins, you'll be in the bathroom a lot—have wet wipes or soft toilet paper available to avoid irritation, and make sure to have reading materials or crossword puzzles to keep you busy.

## CLEAR DIET SAMPLE MENU

A clear liquid diet is designed to keep your stomach and intestines clear. The liquids consumed are easily digested and purged through your colon, but help keep your body hydrated.

### BREAKFAST

- 1 cup of fruit juice (must be pulp-free)
- 1 bowl of JELL-O gelatin (avoid purple, blue, or red colors)
- 1 cup of black coffee or tea with sugar or honey (no dairy products)

### SNACK

- 1 cup of fruit juice
- 1 bowl of JELL-O gelatin

### LUNCH

- 1 cup of fruit juice
- 1 cup of water
- 1 cup of broth
- 1 bowl of JELL-O gelatin

### SNACK

- 1 pulp-free ice pop or italian ice
- 1 cup of black coffee or clear soft drink

### DINNER

- 1 cup of fruit juice or water
- 1 bowl of JELL-O gelatin
- 1 cup of broth
- 1 cup of black coffee or tea

### BOWEL PREP

- Mix your bowel prep with a clear liquid such as Gatorade, Vitamin Water, or Crystal Light. We recommend drinking your beverage of choice cold and through a straw for more pleasant experience.

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## QUESTIONS?

- If you have any questions about your procedure or what you need to do to prepare, please call Attleboro Gastroenterology Associates at 508-222-2021.

