



Dr. Jeffrey Cloud

INSTRUCTIONS FOR GOLVTELY PREP

Procedure Date _____ Patient Name _____

Location _____

Please read these instructions completely prior to beginning your colonoscopy prep. It is extremely important that you follow these instructions to ensure a good prep. A good prep is the only way we can provide you with a thorough examination. Please follow these instructions and not the instructions on the prep container.

7 DAYS PRIOR TO YOUR COLONOSCOPY

CHECK MEDICATIONS:

Please contact your prescribing physician for instructions on how to take any of the medications listed below prior to procedure: including but not limited to:

Aggrenox Pradaxa Xarelto Coumadin Plavix Lovenox Effient Ticlid Jantoven

DO NOT STOP taking these medications until you are instructed to by your prescribing physician

DO NOT TAKE THESE MEDICATIONS 7 DAYS PRIOR TO YOUR PROCEDURE

| | | | | | | |
|------------|--------------|-------------------|--------------|-------------------|-------------|------------|
| Advil | Alka-seltzer | Anaprox | Ibuprofen | ArthrotecVitamin | Elron Pills | |
| Mobic | Feldene | Relafen | Multivitamin | Motrin | Piroxicam | Orudis |
| Aleve | Daypro | iodine | Naproxen | Fish oil(Omega 3) | Lodine | Diclofenac |
| Nabumetome | | NaprosynMeloxicam | Ketoprofen | | | |

****Aspirin**

****If you are taking aspirin under the direction of a cardiologist to prevent a stroke or heart attack, then we will likely have you continue taking it.**

*Tylenol is OK if you need a pain relieve

*Pick up your PEG prep container at the pharmacy

*Take one Simethicone tablet you can get this over the counter

1 DAY PRIOR TO YOUR COLONOSCOPY

*****NO SOLID FOOD***** It is important to drink plenty of these clear liquids throughout the day to stay well hydrated.

FOOD and DRINK NOT ALLOWED

Solid food
Alcohol
Milk or Milk Products
Orange juice

ACCEPTABLE CLEAR LIQUIDS INCLUDE

DRINK ONLY CLEAR LIQUIDS THROUGHOUT THE DAY
Water
Fruit Juice without pulp Black coffee
Clear broth or bouillon
Clear pop:
Lemonade or limeade (no Pulp)
ICE Popsicles (no red, green, or purple)
Jello (no red, green, or purple)



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1 DAY PRIOR TO YOUR COLONOCOPY CONTINUED

If you are diabetic and on Insulin: Take only $\frac{1}{2}$ of your evening dose and **DO NOT** take the morning dose the day of your procedure.

If you are diabetic and on oral medications: **DO NOT** take diabetic medications the evening before or the morning of your procedure.

Between 4 and 6 pm begin drinking the prep solution in the container. Drink 1 glass (8 oz) of prep solution every 10-15 minutes. Drink 8 glasses for a total of 64 oz., or $\frac{1}{2}$ gallon. Continue to drink clear liquids of your choice until you go to bed.

You will have watery bowel movements with in approximately one hour. You will continue to have watery bowel movements for approximately 1-2 hours after finishing the prep. Please be sure to drink all 64 oz of the prep solution. **THIS IS VERY IMPORTANT!**

ON THE MORNING OF YOUR COLONOSCOPY

Begin drinking the second $\frac{1}{2}$ of the refrigerated prep 5 hours before your scheduled procedure time. Drink a glass every 15-20 minutes until the rest of the prep is gone.

You may have clear liquids until 4 hours before your procedure time. If you take medications in the morning, take them prior to this with only clear liquids. After that Nothing by mouth, NO GUM or Candy, NO SMOKING, NO WATER

Check in @ _____ for procedure time of _____

- This prep is designed to completely cleanse your colon. Stay close to a bathroom!
- You may experience mild abdominal cramping
- You may experience nausea with this prep. If you do, or if you are having difficulty getting it down, you can slow down. It is more important that you keep the prep solution down than keeping up with the schedule.
- It is ok to use a barrier wipe, cream, or Vaseline if your bottom becomes sore during the prep.

TRANSPORTATION: You **MUST** make arrangements for someone to drive you home, if you will be receiving any type of anesthesia or sedation. This person must be with you at time of check-in. If you do not have a ride, your procedure will be cancelled. If you are responsible for young children, make arrangements for their care during your procedure.

For Questions Call: Monday-Friday 8am-5pm call the Specialty Clinic at 308-995-3340, your Doctor or after hours PMHC Emergency Room 308-995-2211.