



# INSTRUCTIONS FOR EGD/COLONOSCOPY

## ONE WEEK PRIOR TO YOUR PROCEDURE

If you are taking anti-platelet medications or anti-coagulants (blood thinners) prescribed by a doctor (such as warfarin, Xarelto, Pradaxa, Eliquis, Lovenox, Plavix or aspirin), please discuss with your doctors whether to stop them in advance of the procedure. Please check with the doctor who prescribed this medication. Unless you are instructed otherwise, do not take anti-inflammatory medications (ibuprofen, Advil, Aleve, Excedrin, Motrin, Naproxen, etc.), fish oil, vitamin E, or other nutritional supplements seven days prior to your procedure and stop iron tablets five days before your procedure.

## THREE DAYS PRIOR TO YOUR PROCEDURE

Start a low fiber diet. Avoid nuts, raw fruits or vegetables, seeds, corn, popcorn and **STOP ALL FIBER Supplements** such as Metamucil, Citrucel, Fibercon, etc.

## THE DAY BEFORE YOUR PROCEDURE

**DRINK CLEAR LIQUIDS ALL DAY** for breakfast, lunch and dinner. **DO NOT EAT ANY SOLID FOOD THE DAY BEFORE THE PROCEDURE.** See list below.

**CLEAR LIQUID DIET** – This diet provides fluids that leave a little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed.

**NO RED OR PURPLE LIQUIDS SHOULD BE CONSUMED!**

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
Milk and beverages	Coffee or tea (decaf or regular with nothing added), carbonated beverages, fruit-flavored drinks	Milk, milk drinks, no red or purple liquids
Meats and meat substitutes	None	All
Vegetables	None	All
Fruits and fruit juices	Strained fruit juices: apple, white grape, lemonade	Fruit juices with unstrained fruit
Grains and starches	None	All
Soups	Clear broth, consommé	All others
Desserts	Jell-o (no toppings), popsicles (no purple or red)	All others
Fats	None	All
Miscellaneous	Sugar, honey, syrup, clear hard candy, salt	All others

### SAMPLE MENU FOR DAY BEFORE PROCEDURE



BREAKFAST	LUNCH	DINNER
4 oz. white grape juice	4 oz. apple juice	4 oz. lemonade
6 oz. clear broth	6 oz. clear broth	6 oz. clear broth
Jell-o (plain, no toppings)	Jell-o (plain, no toppings)	Jell-o (plain, no toppings)
Tea	Tea	Tea

See reverse for more information

Check with your local pharmacist to see if your insurance covers the bowel preps without a high copay. If the copay is too high or your insurance does not cover it, follow the instructions for the over the counter (Miralax/Dulcolax) prep option.

These are the names of the preps that we use (you will only use ONE of these):

- Suprep
- Clenpiq
- Plenvu
- Sutab- tablets are available for \$40 or less for commercial and Medicare insurance with coupon. Please let us know if you are interested in this prep.

- **OR** - Over the counter option (ALL THREE ARE NEEDED for the over the counter prep option):

- Miralax (polyethylene glycol) 238 grams (8.3 oz) or generic brand
- Four Dulcolax (biscodyl) tablets, 5 mg each
- 64 ounces of clear liquid, which may be of any color EXCEPT red or purple

Consider purchasing flushable wipes, A&D ointment, or Desitin cream for your comfort.

**FOR SUPREP/CLENPIQ/PLENVU/SUTAB**

- At 5 – 7 p.m., start to drink the prep per instructions on the bowel prep box. Continue to drink clear liquids for hydration.

**FOR OVER THE COUNTER (MIRALAX/DULCOLAX PREP)**

- At 5 p.m., mix and stir the entire bottle of Miralax with 64 ounces of clear liquid until it is dissolved. You may refrigerate.
- At 5 p.m., take four Dulcolax tablets and start drinking one 8 ounce glass of the Miralax with clear liquid solution every 30 minutes until one half (32 ounces) is completed.

If you experience nausea or vomiting while drinking the preparation, slow down the pace. Using a straw, sports bottle, or hard candy may help you drink the solution.

- Call 609.528.8884 if you experience any problems (i.e. vomiting while completing your prep).
- This bowel prep will induce loose stools that will become clear. After you complete the prep, continue to drink clear fluids throughout the evening to remain hydrated.

**ON THE DAY OF THE COLONOSCOPY**

Beginning 8 – 12 hours before your procedure time, drink the second half of the prep. Then, you must drink two more 16 ounces of clear liquids over the next 1 – 2 hours.

- You must complete all liquids at least 6 – 8 hours before the scheduled procedure, then nothing by mouth (no gum, mints, liquids or solid food) until after the procedure.
- Please call our office at 609.528.8884 if you had trouble with the preparation or your bowel movements are not getting clear.
- The morning of your procedure, you may take your blood pressure medications with only a SMALL sip of water. Do not take any water pills/diuretics unless this is combined with your blood pressure medications.
- Bring your insurance information, a picture ID, and list of medications with you.
- Because you will be sedated for your procedure, an adult (18 years or older) must be available to take you home. You are not allowed to drive or take public transportation alone for 12 hours after the procedure.

**AFTER YOUR COLONOSCOPY**

Sedatives given during your colonoscopy may linger for hours. An adult (18 years or older) must be available to take you home. Your procedure will be canceled if you do not have appropriate transportation home. A taxi service, by itself, is not considered adequate transportation. You should not drive or operate any machinery. Do not drink alcohol or take sedative medicines during the next 24 hours following your procedure. Do not plan to travel outside the country for 10 days following your colonoscopy.

During the colonoscopy, air is used to partially inflate the bowel. This may give you a sensation of bloating or cramps. You can take Gas-X or Mylicon for gas. The discomfort will gradually disappear. You may notice a small amount of blood in your stool. You should notify us immediately if you develop worsening abdominal pain, persistent nausea and vomiting, passage of large amounts of blood or clots, or significant fever over 101°F.

Unless otherwise instructed, you may resume your usual diet and medications after the procedure.