

## Colonoscopy Prep Instructions for Morning Appointment









Appointment Date \_\_\_\_\_ Appointment Time \_\_\_\_\_ Dr. \_\_\_\_\_

Your Procedure Coordinator is \_\_\_\_\_ Phone: 510-444-3297 ext. \_\_\_\_\_

Your procedure is scheduled at  East Bay Endosurgery (510) 893-1600  Summit Hospital (510) 869-6711

Late cancellation (less than 3 days) fee of \$200 – Call your Coordinator if you need to cancel

The following instructions are your physician's specific instructions.

7 days Prior to Procedure	3 days prior to Procedure	1 Day prior procedure	Day of Procedure
<p>Date: _____</p> <div style="text-align: center;"></div> <p>Please make sure you have your prep medication and Review your prep instructions thoroughly.</p> <div style="text-align: center;"></div> <p><b>Please continue all medications including aspirin.</b> If you are taking a blood thinner please contact your Coordinator at the extension above.</p> <div style="text-align: center;"></div> <p>Please arrange a driver to take you home. This needs to be a family or friend. Uber, Lyft, and taxi are only allowed if you have a family or friend accompany you. You will not receive sedation without a family or friend available to drive you home. All rides must be available by 3:30pm.</p>	<p>Date: _____</p> <div style="text-align: center;"></div> <p>STOP eating any raw vegetables or vegetables containing seeds, corn, popcorn, nuts, and seeds. Please STOP any fiber supplements (i.e. Metamucil) until after the procedure.</p> <p>Purchase clear liquid diet items. (See page 2 for clear liquid items)</p> <p>Please Purchase the following over the counter medication:</p> <ol style="list-style-type: none"> <li>(4) 125 mg Simethicone tablets (i.e.-Gas Ex)</li> </ol> <div style="text-align: center;"></div> <p>If you are on diabetic medication, please see attached sheet.</p>	<p>Date: _____</p> <div style="text-align: center;"></div> <p style="text-align: center;"><b><u>NO SOLID FOODS</u></b></p> <p>Clear Liquids only upon waking up in the morning. A clear liquid diet is necessary for a colonoscopy.</p> <p>Prep: 2pm-Please drink ½ of your prep solution (32 oz)</p> <p>7pm- Drink the remaining ½ of your prep solution (32 oz).</p> <p>After the prep is complete take (2) 125 mg Simethicone tablets (i.e.-Gas Ex) followed by (2) 8oz glasses of water.</p> <div style="text-align: center;"></div> <p>Drink plenty of water and liquids throughout the day to avoid dehydration.</p>	<p>Date: _____</p> <p>Take (2) 125 mg Simethicone tablets (i.e.- Gas Ex) followed by (2) 8 oz. glasses of water at _____.</p> <p>Nothing by mouth <b>2 hours</b> prior to arrival. No Gum or hard candy.</p> <p>If you take daily medication, please take with a small sip of water 2 hours prior to arrival</p> <div style="text-align: center;"></div> <p style="text-align: center;"><b>Reminders</b></p> <ul style="list-style-type: none"> <li>• If you use an inhaler, bring it with you to your procedure</li> <li>• Please do not wear any jewelry and remove piercings</li> <li>• Bring insurance cards</li> <li>• Be prepared to pay your copay</li> </ul>

If you have had any procedures, started any new medications or had a change in your medical status since scheduling this procedure, please contact your Coordinator at the extension on Page 1

**\*Clear Liquid Diet Details: NO RED PURPLE OR ORANGE. NO DAIRY**

**Approved:** Clear Sodas, black coffee, tea, Clear juices, fitness waters, Chicken, vegetable and beef broth, Gelatin, Popsicles without pulp, sorbet without pulp



**Avoid** No milk/dairy No juices with pulp Popsicles with pulp **NO RED PURPLE OR ORANGE.**



## Frequently Asked Questions

**1. What are some high fiber foods I should avoid?**

Raw fruits and vegetables are typically high in fiber, as well as nuts, seeds, corn, whole grain breads and beans and lentils.

**2. What are some good options for low fiber foods?**

Choose white bread and white rice for lower fiber options, as well as pastas made with white flour. Chicken, fish, dairy and eggs are also low in fiber and good choices for foods 2-3 days before you begin your prep.

**3. If I eat popcorn or seeds 3 days before my procedure do I need to reschedule?**

You will not need to reschedule your procedure; however, the seeds or nuts may cause a difficulty in screening and require a need for rescreening. If you have eaten a large amount of seeds or nuts, you may want to contact the nurse or physician.

**4. My pharmacist said I can have a light meal the day before my procedure. Is this true?**

**NO.** You must be on a clear liquid diet all day the day prior to your procedure. Please follow the instructions from your physician.

**5. What will the laxative medications do?**

Trilyte and Golytely (generic), are both laxatives. They are meant to cleanse the bowel. Please make sure you are in the comfort of your home once you begin taking the medications, as they will cause diarrhea.

**6. When do I begin my laxative for the colonoscopy/flexible sigmoidoscopy?**

Times and dates of when you are scheduled for your procedure, as well as when you begin your laxatives are written on the materials that were provided to you. Please read over the materials in detail and if you require further assistance, please call the number given on your instruction sheet.

**7. What is a clear stool?**

A clear stool will have a yellow color and will look like your urine. It will be completely transparent, and will not contain any solid matter or sediment.

**8. I am not having bowel movements, what should I do?**

Bowel movements can take up to 5-6 hours after beginning the prep to start. Be patient, continue to drink liquids. If you have not had a bowel movement by 10 PM the night prior to your procedure, you will need to reach the on-call physician for further instructions.

**9. The prep is making me nauseous, what should I do?**

If you develop nausea or vomiting, slow down the rate at which you drink the solution. Please attempt to drink all of the laxative solution even if it takes you longer. If vomiting persists, or you are not able to finish the preparation, stop the preparation and call your physician's office for further instructions.

**10. Can I continue to be on the liquid diet after I begin consuming the laxatives?**

Yes, you may continue the liquid diet until you are directed to discontinue anything by mouth, which is 2 hours prior to the procedure.

**11. If I weigh under 100 pounds do I need to take all of the prep?**

The liquid amount is not weight dependent. It is important to finish the prep for a successful colonoscopy.

**12. How long will the procedure take?**

- a. At East Bay Endosurgery: Please plan to be at the center for a total of 2 hours.
- b. At Summit or Alta Bates Medical Center: Please plan to be at the hospital for 4 hours. If you are scheduled at Summit Hospital, please make sure to check in at registration first.

**13. Can I take my regular medication the morning of the test?**

You may take all of your regular medications with a small sip of water 2 hours before, except for blood thinners or diabetic medication. Those come with further instructions.

**14. I use Paratransit for all of my medical appointments. Is this okay?**

Yes, but your procedure must be scheduled before 11 am to ensure you get a ride home within business hours.

**15. Can I return to work after my procedure?**

IF YOU ARE SEDATED, you cannot return to work until the next day, as the sedative can take up to 6 hours to wear off. If you are NOT SEDATED, you may return to work at your convenience.

**16. When can I drive?**

IF YOU ARE SEDATED, you may not drive the day of the procedure as you will be under the influence of a sedative that will compromise your ability to drive. If you are NOT SEDATED, you may drive right away.

**17. When may I begin taking blood thinner again after my procedure?**

This information will be provided to you on your discharge forms after the procedure. The timing will vary depending on whether you have had biopsies or polyps removed.

**18. How can I find out the cost of my procedure?**

If you are inquiring about the facility fee:

- a. For East Bay Endosurgery Center contact our Central Billing Office at 1-866-809-1220
- b. For Summit Medical Center contact the financial department at 510-655-4000
- c. Provider Fee- You will receive a call approximately one week prior to your procedure with the estimate cost. If you do not receive a call at least 3 days before, please contact (510) 444-3297 ext. 220.