

Colonoscopy

Instructions to yield best procedure results:

- The day before your colonoscopy, please remain on a clear liquid diet. This includes liquids that you can see through (and coffee with milk/cream if you like). Please DO NOT eat or drink anything after midnight the night before your procedure, unless otherwise directed.
- Please be sure to drink a lot of clear fluids during the day before your procedure, and while you are taking the colon prep, to prevent dehydration.
- Please be sure to hold any blood thinners at least 2 days prior to the procedure.
- Please start taking your bowel prep to clean out your large intestine (colon) at 2 PM, the day before your procedure. The usual prep is 1 bottle of magnesium citrate (200-240 mL) at 2 PM and a second bottle at 5 PM.
- You can expect the prep to start working within 1 to 4 hours after the first dose. The stool should become very liquid and clear of any solid material, but not necessarily colorless. If there is still solid material on the morning of the procedure, an enema may help to clear the stool.

Post procedure:

- Please do NOT operate any heavy machinery or drive a vehicle until the day after the procedure. The next day, you can return to normal activity, including work.
- You may resume your regular diet after the procedure, although most patients eat smaller amounts than usual on the day of the procedure.
- If you are on a blood thinner, Dr. Pullarkat will give you instructions on when to resume this medication.
- Dr. Pullarkat will reach out to you the following 1-2 days after the procedure to review your test and any available biopsy results.
- If a biopsy was taken, expect some small amounts of blood in your bowel movements for a couple of days.

When to call the office: 571-512-5300

- Severe abdominal pain that is not resolving
- Persistent or large amounts of blood in your stool
- Persistent nausea or vomiting

- You are unable to eat or drink liquids