**REGULAR PREP COLONOSCOPY INSTRUCTIONS**

 **Thank you for choosing Oasis Advanced Gastroenterology for your colonoscopy procedure. Proper preparation (Cleansing) is key to a good examination. Please review these instructions WHEN YOU RECEIVE THEM. If you believe you may be pregnant or need to cancel your appointment for any reason, please give our office a call at (760) 699-7607.**

**REGARDING YOUR MEDICAL HISTORY AND MEDICATIONS**

* **STOP – Multi-vitamins, herbal supplements and ANY products containing IRON 7-10 days prior to your procedure. If taking Aspirin, it is ok to continue.**
* **STOP - Plavix 7 days and Coumadin 4 days prior to your procedure.**
* **NO DAIRY PRODUCTS/NO SOLID FOODS ALL DAY THE DAY BEFORE YOUR PROCEDURE.**
	+ - * **You may have ANY clear liquids the day before your procedure.**
			* **Drink 1 gallon of Sports Drinks (Clear Yellow) to stay hydrated.**
			* **Diabetics make sure to buy sports drinks that are low calorie, low sugar such as G2 Gatorade.**

**DIABETIC PATIENT’S CHECK YOUR SUGAR OFTEN AND ADJUST LIQUIDS ACCORDINGLY**

**ABSOLUTELY NO ALCOHOLIC BEVERAGES OF ANY KIND**

**MAKE SURE YOU DRINK PLENTY OF FLUIDS ALL DAY THE DAY BEFORE YOUR PROCEDURE**

**PLEASE MAKE SURE YOU HAVE SOMEONE STAY WITH YOU DURING THE DAY OF YOUR PREP**

* **Take all medications as usual the day before your procedure. Hold all Diabetic and Water pills the day before and the day of your procedure. If taking insulin use only short acting insulin on the day before procedure (Prep Day) per sliding scale, if needed, DO NOT take any long acting insulin the day before or the day of your procedure. NO INSULIN OR DIABETIC MEDICATIONS ON PROCEDURE DAY.**

**IF YOU ARE UNSURE ABOUT ANY PARTICULAR MEDICATION, PLEASE CALL OUR OFFICE AT LEAST 7-10 DAYS IN ADVANCE TO SPEAK WITH OUR NURSE.**

* **If you suffer from constipation, or move your bowels less than once per day, or take narcotic medication, please call our office. You will require an Extended Preparation to insure your colon is completely clean. Failure to do so may result in cancellation of your procedure, and need to repeat the preparation. If you need an office appointment, or if you need to review your instructions, please call (760)699-7607 as soon as possible.**

**FOUR DAYS BEFORE YOUR PROCEDURE**

* **STOP eating raw vegetables, seeds/nuts and fruit skins. All other foods are ok to eat until the day before your procedure.**
* **Please Pick-Up/Purchase the preparation/cleanout items at least a week prior to your procedure.**
* **Your Pharmacy Will fill your prescription for Golytely and if not covered by your insurance you would need to purchase four (4) Dulcolax (Biscodyl) laxative tablets.**

**THE DAY BEFORE YOUR PROCEDURE (Follow a Clear liquid diet)**

 **You may have (Example) DO NOT HAVE (Example)**

 **Clear Soda (Ginger Ale, Sprite) Red or Purple Jell-O**

 **Clear Juice (Apple, White cranberry) Beef Broth**

 **Gatorade/PowerAde (Clear, Yellow) Alcohol**

 **Chicken Broth (Nothing in it) Milk or Milk Products**

 **Black Coffee/Tea (No Cream) Yogurt or Pudding**

 **Jell-O (Yellow, Orange, Green) Fudgsicles**

 **Popsicles (No Red or Purple) Cream Soda**

**BEGIN THE PREPERATION/CLEANOUT PROCESS IN THE AFTERNOON:**

* **At 12 noon – Take two (2) Dulcolax tablets, at this point mix Golytely according to package directions and refrigerate.**
* **At 3:00-5:00 pm – Begin drinking the Golytely solution, 1 glass (8oz) every 15 min until you drink half of the jar. DO NOT drink entire jar at this time. After this you can continue drinking a clear liquid diet, but NO solid food allowed.**
* **At 8:00 pm- Take two (2) more Dulcolax tablets.**

**THE DAY OF YOUR PROCEDURE**

* **At 1:00-3:00 AM (6-7 hours) before you are scheduled to arrive for your procedure, begin to drink the second half of the Golytely solution. This means waking up very early to start drinking the prep. You should complete the entire jar by 4 hours prior to your procedure arrival time. Drink it at a rate of one glass (8oz) every 10 – 15 min until gone.**
* **You may continue the clear liquid diet up until 4-6 hours prior to your arrival time**

**(No solid foods on the day of your procedure either).**

**PLEASE ARRIVE ON TIME & ALLOW EXTRA TIME IN YOUR TRIP FOR WEATHER/PARKING.**

* **Medications: Unless otherwise instructed, continue to take all or your usual medications on your regular schedule. If you have an early morning procedure, please bring your medications with you to take after your procedure.**
* **Please bring a list of all the medications you take (Including dosage and how often each medication is taken) with you to your appointment. Also list any herbal or vitamins supplements you take.**
* **Personal belongings on the day of your sedated procedure, we strongly recommend that you leave valuables (Money/Jewelry) at home or give them to a family member or friend for safekeeping.**
* **While a colonoscopy is generally a safe procedure, there is a small chance of developing complications that may not be identified up to a week or more after your procedure. We suggest that you do not plan this procedure within a couple of weeks prior to traveling, or an important event.**

**AFTER YOUR PROCEDURE**

* **A responsible person must pick you up after the procedure to accompany you home and stay with you for the remaining part of the day, as you will have been sedated and will not be allowed to drive home.**
* **REMEMBER: You may not drive, work, or engage in important decisions (e.g. financial issues) for the rest of the day after your procedure.**

**IF YOU HAVE ANY QUESTIONS ABOUT THESE INSTRUCTIONS, YOU MAY CALL OUR OFFICE AT (760) 699-7607 BETWEEN 8:00 A.M. – 5:00 P.M. MONDAY THROUGH FRIDAY, WE WILL BE GLAD TO ANSWER THEM FOR YOU.**

**THANK YOU.**