

Your procedure is scheduled:

Boone Hospital Center (Scheduling Line 573-777-8820)
1600 East Broadway, Columbia, MO 65201

Date _____ Arrive at: _____ Procedure Time: _____

Columbia Endoscopy Center (573-449-3500)
208 Portland St., Columbia, MO 65201

Date _____ Arrive at: _____ Procedure Time: _____

Polyethylene Glycol solution for colonoscopy preparation

1. CO-LYTE/TRI-LYTE & 2 DUCOLAX TABLETS (Bisacodyl)

HALFLYTELY (2 DUCOLAX TABLETS INCLUDED)

2. A prescription from your doctor for Polyethylene Glycol solution kit.

THREE TO FIVE DAYS BEFORE THE TEST:

- 1) Stop taking all blood-thinning medications such as Coumadin, Heparin, Ibuprofen, Plavix or Aspirin-containing products.
- 2) Stop taking all medications that contain iron until your colonoscopy is completed.
- 3) Continue any other medications you normally take.
- 4) For females: If you have started your menstrual period it is still okay to do the Colonoscopy.

Please disregard the instructions on the preparation box follow our instructions on this sheet.

THE DAY BEFORE THE TEST:

- 1) Eat a clear liquid diet for breakfast, lunch and dinner the day before the test. Clear Liquids include: tea, coffee (no cream), juices (apple, grape or cranberry), Popsicle, Gatorade, Kool-aid Jell-O (no red flavors), broth or bouillon. No milk products. No Orange or grapefruit juice or lemonade.
- 2) If you are a diabetic on insulin, please refer back to your **primary physician**
- 3) At approximately **12:00 PM** take two **Dulcolax tablets** with 8 ounces of clear liquid.
- 4) **6-9pm** drink 8oz of the Polyethylene Glycol solution every 5-10 minutes until half is gone. You should drink until your stools are clear yellow. Reserve the rest for the morning of your test.
- 5) You will want to drink plenty of clear liquids throughout the evening to keep yourself hydrated and to help laxatives work.

(OVER)

THE MORNING OF THE TEST:

- 1) Three hours before you leave home or earlier if desired, you will drink the rest of the Polyethylene Glycol solution until stools are clear from the night before.

PLEASE NOTE: DO NOT DRINK ANY LIQUIDS 2 HOURS BEFORE YOUR TEST IS SCHEDULED

- 2) Hold all oral medications except seizure medications, inhalers and prophylactic antibiotics until after the procedure. You may take your seizure medication or prophylactic antibiotic with a small sip of water early in the morning. Insulin dependent diabetics take $\frac{1}{2}$ of your morning dose of insulin.
- 3) Dress comfortably. You may wish to bring a change of clothes just in case you soil the clothing you are wearing. Bring a list of your medications and your insurance cards.

You will be unable to drive the day of the test after you receive the sedative. **Bring a driver with you or make arrangements to be picked up.** The total time at the Center or hospital will be approximately 1 to 3 hours. You should not return to work the day of the examination.

AFTER ARRIVING AT THE ENDOSCOPY CENTER:

- 1) After arriving at the Center or hospital, you are to check in. Sedatives will be used for the procedure to help with any discomfort you may have, therefore an IV or saline lock will be placed in your hand or arm.
- 2) You will need to sign a consent form authorizing the doctor to perform the examination. The procedure takes 20-30 minutes, and then you will recover for 30 minutes. Before you leave the Center you will receive information about the results of your colonoscopy as well as instructions regarding, diet, IV site care and follow up.

If you have any questions concerning the colonoscopy or prep, please do not hesitate to call our office at (573) 777-8820.

Update: 12/16/09