

1011 Reed Avenue Suite 300 Wyomissing, PA 19610 • (610) 374-4401 •

www.ddaberks.com

Colonoscopy Prep Instructions for Gallon - PM Appointment

Please read the following rules very carefully prior to your procedure:

1. If you are scheduled at Berks Center for Digestive Health, you **MUST** notify the Anesthesia Department at 610-288-3235 if there are any changes to your medical history, including specialists' visits and hospital or emergency rooms visits and/or prescription medications since your office visit or your phone assessment with the nurse.
2. You are on a **CLEAR LIQUID DIET** from the time you wake up the day before the procedure until 4 hours before the report time.
3. You must have **NOTHING** by mouth starting 4 hours before your report time.
4. If you are on insulin, you need to talk to the provider that monitors you glucose levels for instruction on regulating the medication prior to your procedure. If you are on oral diabetic medications, take your medicine in the morning of your **PREP DAY** but **NOT** the evening of prep day or **EXAM DAY**.
5. If you are on **BLOOD THINNERS**, follow the instructions that were given at the time of your office visit or during your phone assessment. If your doctor does not allow you to temporarily stop blood thinning medications, notify our doctors immediately so they can decide how to proceed.
6. There is no need to stop aspirin or NSAIDs (Motrin, etc.) as you may have been told in the past.
7. You are **YOU ARE REQUIRED TO HAVE A RESPONSIBLE PARTY** over the age of 18 come with you and remain in the facility until you are discharged.
8. You **MAY NOT** use public transportation unaccompanied.
9. You **CANNOT** drive a vehicle for the remainder of the day after having a colonoscopy.

Note: We reserve the right to cancel your procedure if the instructions are not followed.

If you have questions or you are unable to complete most of the prep or have not moved your bowel, please call the office IMMEDIATELY at 610-374-4401 or after 4:45pm at 610-607-1729 and ask to speak with the on-call physician.

Special Note: You have an advanced directive (Living Will), please bring it with you on the day of your procedure.

HOW TO PREPARE FOR YOUR COLONOSCOPY:

The key to success with your prep is to perceive the prep process beginning at the very start of the day prior to your scheduled colonoscopy.

A clear liquid diet is important because:

- Liquids with calories combat hunger all day, the more liquids you consume from the approved list, the less likely you will feel the symptoms of starvation later in the evening.
- Liquids combat dehydration and symptoms of it such as headache, dizziness, lethargy, fatigue, constipation, irritability and racing heart.
- Liquids are liquefying to your stools and help with accelerating your response to the prep and ensuring a complete and perfect clean out.

Five (5) days before your colonoscopy:

1. Do not take medications that contain fiber, including fiber supplements (Ex: Metamucil, Citrucel, etc.) and vitamins.
2. Do not take medications or vitamins that contain iron.
3. Pick up your bowel prep kit at the pharmacy.
4. Avoid nuts, popcorn, fruits, and seeds.

One (1) day before your colonoscopy:

1. Only drink CLEAR LIQUIDS the entire day before your procedure.
2. DO NOT EAT ANY SOLID FOODS.
3. Drink as many clear liquids as you want on the PREP DAY. In fact, drink large amounts of clear liquids to avoid dehydration and to make the laxatives work better.
4. Try to consume many liquid things with calories before 6PM on the day you start drinking the laxative prep.

Approved Clear Liquids Include:

- Water
- Apple or white grape juice
- Clear broth
- Soft drinks: soda
- Gatorade, non-pulp lemonade, Kool-Aid
- Hot or iced tea or coffee– no cream, milk or powdered creamer
- Jell-O, Popsicles (without fruit), sorbet, Italian Ice

***Do not drink alcohol
No red or purple products, orange is OK
You may NOT have hard candy, lifesavers,
mints or gum after 12 midnight
Plan on being home during your prep***

4-6 PM THE DAY BEFORE YOU PROCEDURE: START PREP!

1. Mix the solution with lukewarm water. After the solution is mixed, refrigerate the prep until ready to use.
2. DO NOT add ice or anything to improve the taste other than the flavor packets provided.
3. Drink 8oz every 15 minutes until you finish half the gallon (8-8oz glasses). This will take approximately 2 hours.
4. Refrigerate the remaining half gallon to be used the next morning.

DAY OF COLONOSCOPY: EXAM DAY

1. Take the prep out of the refrigerator 30 minutes before you are scheduled to begin the morning dose.
2. Start drinking 8oz every 15 minutes until you have finished the remainder of the gallon. Make sure you finish the *last* glass more than 4 hours prior to your arrival time (Ex: if you are scheduled to report at 12:15PM for a 1:00PM procedure, you need to be *finished* drinking all of the prep by 8:15AM).
3. You MAY take your morning medications on arising with SIPS of water, especially blood pressure and heart medications, but **NO DIABETIC MEDICATIONS.**

NOTHING BY MOUTH WITHIN 4 HOURS OF YOUR ARRIVAL TIME.