



## **General Colonoscopy Preparation Instructions**

The goal of colon cancer screening is to find very small pre-cancerous polyps and remove them so they can not grow into a cancer

A good preparation means ridding the colon of all stool in order to be able to find polyps.

Whether you are doing the split dose prep or the same day prep the same general rules apply.

**◆Use only the instructions given by Monmouth Digestive Health. Do not use instructions on the box, Internet, from your pharmacist, friends or relatives.**

### **Medication Instructions**

¶Take all your usual medications up to and including the day of the procedure unless otherwise instructed by the doctor.

¶If you are diabetic you will receive specific instruction regarding your medications

¶¶DO NOT STOP ASPIRIN or other Anticoagulants/Blood thinners unless specifically instructed by the doctor.

### **Dietary Instructions**

¶Avoid NUTS, SEEDS, Popcorn, Fibrous fruit and Vegetables for at least 3 days prior to the procedure. Seeds and skins reach the colon undigested which limits the ability to flush and suction residual fluid by clogging the suction channel of the colonoscope.

¶Pasta, Rice, potatoes, chicken, fish and seafood, as well as other low residue foods are allowed up to and including the dinner at 6pm the night before the colonoscopy

¶After 6PM dinner the night before, you can have clear liquids, Jello, Ices, and broth up to 4 hours before your scheduled procedure time the next day. (Do not eat or drink anything for 4 hours before the scheduled procedure)

### **Taking the Preparation**

¶Regardless of which prep you are given, it will involve drinking a large amount of fluid. It is important to drink all the fluid in the instructions to insure a clear prep and to prevent dehydration

¶While drinking the fluid please do not lie down flat. Walking around will help prevent nausea and bloating

¶It is easier to drink  $\frac{1}{2}$  of a cup (2.5 oz) every 5 minute than to drink a full cup (8oz) every 15 minutes (The Shot Glass Technique)

¶The goal of the prep is for the stool to eventually look like urine - transparent and yellow in color. Baby Wipes (pampers sensitive) are recommended for wiping to reduce irritation

¶¶ If your pharmacy gives you a different preparation than that prescribed due to insurance limitations, please notify the office immediately. Do Not Wait until the day before your colonoscopy to fill the prescription

### **Extra Prep**

¶For patients with constipation symptoms the doctor will prescribe “extra prep”. This usually involves taking either a pill or doses of miralax 1-5 days prior to the procedure depending on the degree of symptoms

¶¶ If you are experiencing straining, hard stools or decrease stool frequency in the days before your colonoscopy, get OTC Miralax and drink 1 glass 2-3 times a day, for 2 days prior to the day of the procedure in addition to the prescribed preparation