



Division of Gastroenterology and Hepatology

COLONOSCOPY INSTRUCTIONS

Date:	Time:
Location:	Dr.
Please plan to be here for 3 hours	

Thank you for choosing The University of Rochester Medical Center for your procedure. Proper preparation is the key to a good examination. In an effort to provide you with the best possible exam, we will need your assistance with the following steps:

If you believe you may be pregnant or need to cancel your appointment for any reason, please call our office at least 48 hours prior to your scheduled appointment: (585) 275-4711.

If you take any of the following medications, you must be seen in the office at least two weeks BEFORE your procedure, in order to receive careful instructions on how to manage your medications.

Coumadin (warfarin)
Ticlid (ticlopidine)
Heparin
Effient (prasugrel)

Plavix (clopidogrel)
Lovenox (enoxaparin)
Aggrenox (aspirin and dipyridamole)

Additionally, if you have any of the following listed conditions, then you must be seen in the office at least two weeks BEFORE your procedure, in order to receive careful evaluation and instructions.

- If you take any drug for the purpose of being anti-coagulated, keeping your blood thin, or preventing blood clots;
- If you are being treated or have been treated for stroke or transient ischemic attacks (TIAs), or mini-strokes;
- If you have artificial heart valves, coronary artery or carotid artery stents

If you take any injectable medications for **diabetes**, then you must be seen in the office at least two weeks BEFORE your procedure, in order to receive careful instructions on how to manage these medications. If you take any oral (pill) diabetic medications and have not received a call from a nurse before your procedure, please call (585) 275-4711 as soon as possible.

Examples of some but not all oral (pill) medications are: Glucophage, Metformin, glipizide, actos,

Examples of some but not all injectable medications are Lantus, Humulin, or any other insulin.

Please note that **aspirin** is no longer routinely discontinued prior to our procedures, unless you receive specific instructions to do so.

If you need an office appointment, or if you need to review your instructions, please call (585) 275-4711 as soon as possible.

FOUR DAYS BEFORE YOUR PROCEDURE

- You should **NOT** eat the following food items (note: everything else is OK to eat):

Vegetables – cooked or raw	Nuts or whole seeds
Bran, oatmeal or fiber products	Fruit skin, peel all fruit before eating
- **Please stop iron supplements 4 days before the procedure.**

THE DAY BEFORE YOUR PROCEDURE

Follow a clear liquid diet

YOU MAY HAVE (examples):

Clear soda (ginger ale, Sprite)
Clear juice (apple, white cranberry)
Gatorade/Powerade (clear or yellow)
Chicken broth (nothing in it)
Black Coffee/Tea (no cream)
Jell-O (yellow, orange, green)
Popsicles (not red or purple)

Do NOT have (examples):

Red or purple Jell-O
Beef broth
Alcohol
Milk or milk products
Yogurt or pudding
Fudgsicles
Cream soups

Purchase the preparation/cleanout items

Grocery Store: Buy **TWO** 32 oz. **Gatorade** bottles (clear or yellow).

Pharmacy: Buy one **Miralax 238 gram bottle** and small package of **Dulcolax (biscodyl)** laxative tablets – both are over the counter medications

Begin the preparation/cleanout process in the afternoon

- Mix half (½) of the **Miralax** bottle in each 32 ounce bottle of Gatorade until dissolved and keep cold in the refrigerator.
- Around 2:00 p.m., take **four (4) Dulcolax tablets** with water and continue on clear liquids.
- If your procedure is in the **morning**, begin drinking the Gatorade/Miralax solution at 4:00 PM at a rate of one glass (8 oz.) every 15-30 minutes until you have finished both bottles.
- If your appointment is scheduled for **after 12PM** the next day, drink only 1 bottle of the Gatorade/Miralax solution starting at 4:00PM the day before your procedure. Drink the second bottle of Gatorade/Miralax solution, starting at 7:00 AM on the day of your procedure, at a rate of one glass (8 oz.) every 15 minutes until all is gone the morning of your procedure.
- **It is essential that both 32 ounce bottles are finished to ensure a clean colon.**

- The use of baby wipes instead of toilet paper may help decrease the soreness that may result from frequent bowel movements.

If you suffer from **chronic constipation**, or move your bowels less often than once a day, or take frequent doses of narcotic pain medication, please let us know immediately. You will require an extended preparation in order to ensure that your colon is completely clean.

THE DAY OF YOUR PROCEDURE

- You may continue the clear liquid diet up until four (4) hours prior to arrival time (no solid food on the day of the procedure)
- **Please arrive on time.** Allow extra time in your trip for weather, traffic and parking. *Parking is validated for the hospital's garage at the time of your discharge.*
- **MEDICATIONS:** Unless otherwise instructed, continue to take all of your usual medications on your regular schedule. If you have an early morning procedure, please bring your medications with you to take after the procedure.
- **Please bring a list of all the medications you take (including dosages and how often each medication is taken) with you to your appointment. Also list any herbal or vitamin supplements you take.** When you check in you will be asked if you have brought that list, if you have not, we will ask you to create the medication list at that time. Having an up to date list of all your medications helps us provide safe patient care.
- **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. However, a small secure storage area is available on the unit for storage of your valuables if necessary. Please alert the nurse in the admitting area if you need to use the secure storage area.
- 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 later after your procedure. We suggest that you do not plan this procedure within a couple of weeks prior to traveling, or an important social event.

AFTER YOUR PROCEDURE:

- A **responsible person must pick you up** after your procedure to accompany you home, 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.**
- Your specific discharge instructions will be reviewed with you after your procedure.
- A copy of the report and results will automatically be sent to your Primary Care Physician and the referring physician.

If you have questions about these instructions, you may call us at (585) 275-4711 between 8:30-4:00 pm Monday through Friday and we will be glad to answer them for you
The University of Rochester Medical Center has joined hundreds of health care institutions around the nation that have become Smoke-Free throughout their campuses. We respectfully request that our patients and visitors refrain from smoking while at the University of Rochester Medical Center.