



Division of Gastroenterology and Hepatology

**EXTENDED COLONOSCOPY INSTRUCTIONS**

<b>Date:</b>	<b>Arrival Time:</b>
<b>Location:</b>	<b>Dr.</b>
Plan to be here for 3 hours	

Thank you for choosing The University of Rochester Medical Center for your colonoscopy procedure. Proper preparation (cleansing) is the 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 call our office at least 72 hours prior to your scheduled appointment: (585) 275-4711.

**REGARDING YOUR MEDICAL HISTORY AND MEDICATIONS:**

- If you take any medication for the purpose of being anti-coagulated, keeping your blood thin or preventing blood clots (example: warfarin, Plavix, Coumadin), you must speak with a nurse at least two weeks BEFORE your procedure, in order to receive careful instructions on how to manage your medications. Aspirin does not need to be held.
- If you take any insulin OR 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.

IF YOU ARE UNSURE ABOUT A PARTICULAR MEDICATION, PLEASE CALL AT LEAST 10 DAYS IN ADVANCE TO SPEAK WITH A NURSE.

\*\*If you suffer from constipation, or move your bowels less than once per day, or take narcotic medication, please call the office. You will require an extended preparation to ensure 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 (585) 275-4711 as soon as possible.

**THE BOWEL PREPARATION:**

### **FOUR DAYS BEFORE YOUR PROCEDURE:**

- Stop eating raw vegetables, seeds/nuts and fruit skins. All other food is okay to eat until two days before your procedure.
- **Purchase the preparation/cleanout items:**
  - **Pharmacy:** Prescription for **GOLYTELY**,
  - 2 **Dulcolax** (biscodyl) tablets
  - a bottle of **Magnesium Citrate**
  - two **Fleet's enemas** (non-prescription)

### **TWO DAYS BEFORE COLONOSCOPY:**

Follow a clear liquid diet for two days prior to your procedure

#### **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

**5 pm:** drink one bottle of **Magnesium Citrate** (follow the instructions on the bottle) followed by five 8 oz. glasses of a clear, caffeine-free beverage.

### **THE DAY BEFORE THE COLONOSCOPY:**

**REMAIN ON THE CLEAR LIQUID DIET AND FOLLOW THE GOLYTELY PREP**

- **STEP 1:** At noon, take the 2 Dulcolax tablets. Mix the golytely solution per package directions. Place in refrigerator.
- **STEP 2:** At **6:00 PM** – Begin drinking the GOLYTELY solution, 1 glass (8 ounces) every 15 minutes until you have drank **half of the bottle.** Do not drink the entire bottle at this time. After this, you can continue drinking a clear liquid diet, but no solid food is allowed

### **THE DAY OF YOUR COLONOSCOPY:**

- **STEP 1:** Begin to drink the second half of the bottle of GOLYTELY solution starting about 4-5 hours before you are scheduled to arrive for your procedure ( ):. This may mean waking up very early to start drinking the prep. You should **complete the entire bottle by 2 hours prior to your procedure arrival time.** Drink at a rate of one glass (8 oz.) every 10-15 minutes until all is gone.
- **STEP 2:** Two hours prior to your colonoscopy appointment, give yourself two Fleet's enemas, 20 minutes apart, holding each enema for about 15 minutes.
- You may continue the clear liquid diet up to two (2) hours prior to arrival time. Note: no solid food on the day of your procedure.

### **GENERAL INFORMATION:**

- **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.
- **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 social event.

### **AFTER YOUR COLONOSCOPY**

- A **responsible person must pick you up** after your procedure to accompany you home and stay with you for the remainder 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 questions about these instructions, you may call us at (585) 275-4711 between 8:30 am-4:30 pm Monday through Friday and we will be glad to answer them for you.