

Colonoscopy Instructions

Medications Changes

- For one week prior to your procedure please do not take the following: vitamins, iron pills, Pepto-bismol, low dose aspirin, NSAIDs
- Discuss with Dr. Mantas and your Cardiologist/Hematologist/PCP if and when to stop blood thinners
- Otherwise take your regular medications

TWO Days BEFORE Your Procedure (Date _____)

- **Diet: Low Fiber Diet** (refer to back of page) BUT if you have chronic constipation then **Clear Liquid Diet** (refer to back of page)
- **Medications:** take your regular medications unless noted above
- **Purchase: Diaper Rash Cream, Flushable Hypoallergenic Wipes, Gas-X® (simethicone)** and one of the following prescribed bowel preps (Plenvu®, Clenpiq® or Suprep®) or over the counter Dulcolax®/Miralax®/Gatorade® bowel prep from your pharmacy and hold until use
 - TWO (2) tablets of Dulcolax® (bisacodyl) + ONE (1) 8.3 oz bottle of MiraLAX® (polyethelene glycol) => 238g + TWO (2) 32 oz bottles of Gatorade®

ONE Day BEFORE Your Procedure (Date _____)

- **Diet: Clear Liquid Diet** (refer to back of page) the entire day until midnight and then do not eat or drink anything after midnight
- **Medications:** take your regular medications unless noted above (if you are diabetic please refer to back of page)
- **Prescription Bowel Prep**

	Plenvu®	Clenpiq®	Suprep®	Miralax®
5:00 pm	Step 1 Add DOSE #1 Pouch of Plenvu® into the container provided, add cold water to the 16-oz line, stir/shake until dissolved (takes 3 minutes, very important to active ingredients) and drink the entire contents Step 2 Fill the container with cold water to the 16-oz line and drink and take TWO (2) Capsules of Gas-X	Step 1 Drink ONE (1) 160-mL bottle of Clenpiq® Step 2 Fill the container with cold water to the 8-oz line and drink and repeat FOUR (4) more times. and take TWO (2) Capsules of Gas-X	Step 1 Pour ONE (1) 6-oz bottle of Suprep® liquid into the container provided, add cold water to the 16-oz line, stir until dissolved (takes 3 minutes, very important to active ingredients) and drink the entire contents Step 2 Fill the container with cold water to the 16-oz line and drink and repeat TWO (2) more times and take TWO (2) Capsules of Gas-X	Step 1 Take TWO (2) Dulcolax® (bisacodyl) tablets with 8 oz of water and take TWO (2) Capsules of Gas-X Step 2 Divide ONE (1) 8.3 oz bottle of MiraLAX® (PEG) into TWO (2) 32 oz bottles of Gatorade® and mix until clear and refrigerate until use at 10pm
10:00 pm	Repeat the above steps but use DOSE #2 Pouch A and B and take TWO (2) Capsules of Gas-X	Repeat the above steps but only drink THREE (3) containers of water and take TWO (2) Capsule of Gas-X	Repeat the above steps and take TWO (2) Capsule of Gas-X	Drink 8 oz of the Gatorade®/MiraLAX® mixture every 15 minutes until both bottles are finished and take TWO (2) Capsule of Gas-X

- **General Tips:** Onset of bowel movements and passage of clear effluent varies from person to person but generally occurs 1-2 hours after you start your prep. If you do not have a bowel movement 1-2 hours after your prep or you are still passing non-clear effluent then drink ONE (1) 10 oz Bottle of Magnesium Citrate. It is common to experience some nausea/bloating during bowel prep but these symptoms are temporary and will disappear once bowel movements begin. If you feel like you are going to vomit take a 30 minute break. Use Diaper Rash Cream and Flushable Hypoallergenic Wipes to protect your skin during bowel movements.

Day OF Your Procedure (Date _____)

- **Diet:** do not eat or drink anything
- **Medications:** take your regular morning meds with a sip of water unless noted above (if you are diabetic please refer to back of page)
- **Brief Procedure Description:** Your colonoscopy appointment will last approximately 2 hours with the procedure itself taking approximately 1 hour. Upon arrival to your assigned endoscopy center or hospital GI lab you will fill out paperwork, change into a gown and a trained nurse will start an IV. A nurse anesthetist or anesthesiologist will then administer a safe, fast-acting sedative through your IV to make you comfortably asleep during the procedure. During this time your vitals will be closely monitored including heart rate, blood pressure, pulse, electrocardiogram, breathing rate and oxygen level. While asleep on your left side Dr. Mantas will carefully pass a small flexible high definition camera thinner than the size of your finger called a “colonoscope” through your colon. During your colonoscopy your colon will be inflated with air to provide visualization of its lining. At this point polyps or other types of abnormal tissue are removed through the scope using a variety of techniques including biopsy forceps and cautery snares. Once your colonoscopy is complete you will wake up and Dr. Mantas and his staff will discuss the findings with you and your family. Because sedatives cause temporary changes in your reflexes and judgment you will need someone you trust (family or friend NOT Buses, Taxi, Uber, Lift) take you home after your procedure. Unless otherwise specified you are able to resume a normal diet once you are awake and you will be able to return to normal daily function the following day.

Low Fiber Diet

	LOW Fiber Foods to AVOID	HIGH Fiber Foods OK to Eat
Fruits Vegetables	Well Cooked/Canned Peeled and Seeded	Raw/Undercooked/Dried Skins and Seeds Intact
Grains	Products made from White Refined Flour (eg. White Bread, White Rice, White Pasta, Cold Cereals, Cream of Wheat, Crackers)	Products made from Whole Wheat Unrefined Flour (eg. Brown Bread, Brown Rice, Brown Pasta, Whole Grains: oats, barley, quinoa)
Other	Tender meats, poultry, fish, eggs, tofu Dairy products	Popcorn, Seeds, Nuts Beans, Lentils, Peas Broccoli/Cauliflower/Brussel Sprouts Onions/Lettuce/Cabbage Corn
<ul style="list-style-type: none"> often foods that you may not expect to have fiber can have added fiber therefore read food labels and avoid foods with >1 gram of fiber per serving prepare all foods so that they are tender using cooking methods like stewing, steaming, poaching AND avoid roasting, broiling, grilling which tends to make foods dry and tough 		

Clear Liquid Diet

Clear Liquids	NON-Clear Liquids
Water	NO Solid Foods
Coffee/Tea WITOUT milk	NO Coffee/Tea WITH Milk
Clear Carbonated Drinks (eg. Sprite, 7-Up, Ginger Ale)	NO Purple or Red Colors
Clear Sports Drinks (eg. Gatorade, Mio)	NO Milk or other Dairy Products (eg. Ice Cream, Yogurt)
Clear Fat-Free Broth or Bouillon (eg. Beef, Chicken)	NO Cream Soups
Clear Gelatins (eg. Jell-O)	NO Fruit Juices with Pulp
Clear Popsicles	NO Alcohol
Clear Flavored Water (Eg. Crystallite, Neo)	
Clear Pulp Free Strained Fruit Juices (eg. Apple Juice)	

For Diabetic Patients

- For people with diabetes any procedure that causes you to miss a meal or change your usual meal plan will require special planning to safely manage blood glucose.
- Check your blood glucose level before all meals and at bedtime the day before and the day of your procedure
- Check your blood glucose if at any time you have symptoms of **low blood sugar** (hunger, shakiness, nervousness, sweating, dizziness, sleepiness, confusion, difficulty speaking, anxiety, weakness) or **high blood sugar** (dry mouth, thirst, frequent urination, blurry vision, fatigue, drowsiness, weight loss, increased appetite).
- Aim for 45 grams of carbohydrates at meals and 15-30 grams of carbohydrates for snacks.

ONE Day BEFORE Procedure

Medication	<i>Morning</i>	<i>Afternoon</i>	<i>Bedtime</i>
Oral Meds or Byetta	Take your usual dose	Do not take	Do not take
Long Acting Insulin: Lantus/Levemir/NPH	Take your usual dose	Not Applicable	Take ½ the usual dose
Short Active Insulin: Humalog/Novolog	Take ½ the usual dose	Take ½ the usual dose	Do not take
Mixture Insulin: 75/25 or 70/30	Take ½ the usual dose	Take ½ the usual dose	Do not take

Day OF Procedure

Medication	<i>Morning</i>	<i>Afternoon</i>	<i>Bedtime</i>
Oral Meds or Byetta	Do not take	Take if the procedure is over and you are eating	Take your usual dose
Long Acting Insulin: Lantus/Levemir/NPH	Take ½ the usual dose	Not Applicable	Take your usual dose
Short Active Insulin: Humalog/Novolog	Do not take	Take if the procedure is over and you are eating	Take your usual dose
Mixture Insulin: 75/25 or 70/30	Do not take	Take if the procedure is over and you are eating	Take your usual dose