

## Is my prep adequate?

**The stool should be watery in consistency.**

It should be clear like water or tinted yellow like lemonade.

Your efforts at cleansing your colon are essential for an accurate procedure. If stool is still brown call 925-373-4700 ext. 35325.

## Going Home After the Procedure:

### DRIVER REQUIRED

- You are not allowed to drive after the procedure
- You must come with a responsible adult to escort you home after your colonoscopy

**Your responsible adult will need to:**

- Sign you in and pick you up at the GI Procedure area. *This is required for you to receive sedation medication.*
- Drive you home or escort you home on a bus or shuttle.

**Your procedure will be cancelled if you do not bring a responsible adult to escort/drive.**

**Please note:** *Drivers of taxis, shuttles, buses, Redi-Wheels, and Outreach are not acceptable as your responsible adult.*

## Questions?

If you need to ask any questions regarding your procedure, preparation instructions, driver or you need to cancel and/or reschedule your appointment, please call 925-373-4700 ext. 35325.



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## Colonoscopy 2 Day Prep Instructions

### What is a Colonoscopy?

**Colonoscopy** is a test that lets the doctor view the inside of your lower digestive tract. It can help screen for colon cancer and can also help find the source of abdominal pain, bleeding or changes in bowel habits. Screening is testing for a disease before the person feels symptoms. Cancer of the colon and rectum is the second most common cause of cancer death in the United States. Screening for this cancer can prevent many of these cancer deaths.

**Please Follow These Instructions Carefully. If your bowel is not clean, we may have to reschedule your procedure.** Also, please plan to be in GI Endoscopy for **3 to 4 hrs.** and inform your responsible adult/driver of the wait time.

This is important information about preparing for your colonoscopy:

1. Your appointment date and time
2. Your medications
3. Preparing your bowel (diet and laxatives)
4. Going home after the procedure (driver)

### Your Appointment is scheduled for:

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

Location: Building 62 – 4<sup>th</sup> floor.

4951 Arroyo Rd., Livermore, CA 94550

Be here 30 minutes before your scheduled procedure.

**The VA Pharmacy will mail you the Golytely Solution and the Magnesium Citrate directly**

**Do not follow the manufacturer's instructions on the Golytely or Magnesium Citrate bottles. ONLY follow the instructions on this paper.**

## Seven Days Before the Procedure:

- If you take **Iron (Ferrous Sulfate)**
  - Stop these 7 days prior to the procedure: \_\_\_\_\_ (stop date)
- If you did not discuss instructions with your Primary Care Provider regarding **Coumadin (Warfarin), Dabigatra (Pradaxa), Aspirin 325mg, Ticlid (Ticlopidine), Plavix (Clopidogrel), or Enoxaparin (Lovenox)** please contact your Primary Care Provider for additional instructions

## Three Days Before the Procedure:

- If you take: **Motrin, Advil, Aleve, Ibuprofen, Naproxen**
  - Stop these 3 days prior to the procedure: \_\_\_\_\_ (stop date)
- Stop eating foods containing:
  - ✓ Seeds, nuts, popcorn, corn, tomatoes, berries, poppy seeds, sesame seeds, and multigrain breads
  - ✓ No raw veggies
- Drink 6-10 glasses of water per day.

## Two Days Before the Procedure:

- Clear Liquid diet ONLY** beginning when you wake up
- Stay hydrated: Drink at least **6-10 glasses of clear liquids**
    - **Clear liquids include:** Water, soda, tea, black coffee, broth, bouillon, jello, juices, lemonade, and Gatorade
    - **Do not drink:** Any alcohol, dairy, protein shakes, juices with pulp, or liquids that are **red** or **purple**

## The Day Before the Procedure:

- Clear Liquid diet ONLY** beginning when you wake up
- Stay hydrated: Drink at least **6-10 glasses of clear liquids**

- **If you take Diabetic Pills**, check your blood sugar and take your pills
- **If you take Insulin**, check your blood sugar and take **only** ½ of your usual evening dose

- **At 5 PM** start drinking **1 Gallon of Golytely solution**
  - **Drink one 8 oz. glass every 15-20 minutes until the gallon has been consumed within a 4-hour period.** If you become nauseated or start vomiting, wait 45 minutes then start drinking again
- **Do not drink anything after midnight except with medications as directed.**

## The Day of the Procedure:

### No food or liquids except as directed below

- Drink the Magnesium Citrate and 3 glasses of water **3-4 hours** before leaving home
- Take your medications with sips of water, especially your **blood pressure, pain, and heart medications** (except as noted under the medication section)
- If you are **diabetic**, check your blood sugar and hold your morning dose of pills or insulin until after the procedure