

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 650-493-5000 ext. 64800.

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 650-493-5000 ext. 64800. Please call us if you do not have someone to escort you home.

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.*



Revised October 2014



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. Preparing your bowel
3. Diet and medications
4. Going home after the procedure

Your Appointment is scheduled for:

DATE: _____ TIME: _____

LOCATION: Bldg. 100, First Floor, Clinic Area B
3801 Miranda Avenue
Palo Alto, CA 94304

The VA Pharmacy will mail you the Golytely Solution and the Magnesium Citrate directly. If you do not receive the Golytely Solution and Magnesium Citrate within one week before your procedure please call 650-403-5000 x62576.

**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:

Medications to Stop

- If you take **Iron (Ferrous Sulfate)** stop this 7 days prior to the procedure
- If you did not discuss instructions with your Primary Care Provider regarding **Coumadin (Warfarin), Dabigatran (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, or Naproxen** stop these 3 days prior to the procedure
- Stop eating foods containing:
 - Seeds, nuts, poppy seeds, sesame seeds
 - Popcorn, corn
 - Tomatoes
 - Berries
 - Multigrain breads
- Do not eat raw veggies/ fruits
- 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** in color

The Day Before the Procedure:

Clear Liquid diet ONLY throughout the day 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

The Day of the Procedure:

No food or liquids except as directed below

- **3-4 hours** before your appointment, drink the Magnesium Citrate and follow it up with 3 glasses of water
- 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