Colonoscopy
Preparation Instructions

Use this guide to help you prepare for your colonoscopy appointment. Read the entire guide before beginning.

Procedure date: _______ Physician: ____________
Arrival time: _______ Procedure time: _______

Procedure scheduled at: (check which applies to you)

___ UM Hospital & Clinics/ Sylvester Cancer Center (UMHC)
   1475 NW 12th Ave, Miami, FL 33136
   Phone: (305) 243-5718

___ UM Hospital (UMH) GI Center
   1400 NW 12th Ave, Miami, FL 33136
   Phone: (305) 689-2023

How should I use this guide?

Read the entire guide at least one week before your procedure. Some steps in this guide begin up to one week before your appointment. If you haven't read through the guide at least one week in advance, call your physician. Preparing for your colonoscopy is very important. If you don't follow all the steps listed here, you may need to come in for a second procedure if your doctor can't see your colon well. If you have questions, remember that we're here to help you. You can call us at any time, day or night.

What does this guide cover?

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Preparing for your colonoscopy.

Preparing for a colonoscopy can be uncomfortable, and sometimes instructions can be confusing. This guide was created to make this process as easy and smooth as possible. If you follow the instructions in this guide, your colonoscopy will be faster, your doctor will be able to see to do the test better, and you likely won't have to come back for another procedure soon.

"I’m the type of person who likes to do the job right the first time. I don’t do anything twice that only needs to be done once, especially getting a colonoscopy! I made sure to read this guide carefully, and called my doctor when I had a question."

- Armando G.,
Miami, FL

Why is it so important?

When your insides are clean, it’s like a nice day where you can see the skyline. Following these instructions will help clean your colon for your doctor to see.

When your insides are dirty, it’s like a foggy day, where you can’t see the skyline. It’s difficult for your doctor to see your colon.

Tips

These tips will help you on the day before your colonoscopy is scheduled.

1. Feel free to keep your prescribed medicine in the refrigerator when you’re not drinking it. If it is cold, it won’t taste as strong.
2. If you don’t like the taste of the medicine, try drinking it through a straw, or licking a lemon or lime wedge before taking a sip.
3. Stock your bathroom with entertainment (magazines, books, handheld games, etc.) to make the experience more comfortable.
4. Use soft wipes (unscented and perfume-free), and dab dry rather than wipe dry.
5. Consider using petroleum jelly (clear) around the anus after bowel movements to minimize irritation from passing many bowel movements.
One Week before your procedure.

Follow instructions for the lists medications and conditions below, and be sure to pick up your prescription from the pharmacy. Fill out the check-boxes below to help you keep track of your progress.

Stop taking these medications

- Blood Thinners such as Plavix, warfarin (Coumadin), or Lovenox.
  - Contact the doctor who prescribed the medication for instructions on whether they should be stopped prior to the procedure.
- Herbal medications
- Iron supplements
- Multivitamins
- Fiber (Metamucil, Fibercon)
- Vitamin E

You may continue to take

- Acetaminophen (Tylenol) and aspirin (81mg). If you normally take more than 81mg, contact your referring physician to discuss dosage.

Pick up your medication from the pharmacy.

If you have any issues with your prescription, contact our office (phone number on the front of the guide). Your prescription will be for one of the following medications: NuLYTELY, Colyte, GoLYTELY, TriLyte, Miralax, or MoviPrep.

Follow special instructions if you have any of these conditions:

**Diabetes Patients**
- Contact your diabetes doctor for instructions on your diet and medication dosing to follow beginning one day before your procedure.

**Implanted cardio defibrillator (AICD) patients**
- Contact our office (phone number on front of guide), tell them the manufacturer information (AICD).
- Contact your cardiologist or primary care doctor for a letter stating that it was checked within the last 3 months, as you will need to bring the letter on the day of the procedure.

**Pacemaker patients**
- Contact your cardiologist or primary care doctor for a letter stating that it was checked within the last 6 months, as you will need to bring the letter on the day of the procedure.

**Renal (kidney) patients**
- Contact your kidney doctor for instructions on fluid intake beginning one day before your procedure.
Three Days before your procedure.

Three days before the procedure, you must begin following a low fiber diet. This step helps empty your colon so that your procedure can be successful. If there are contents in your colon on the day of your procedure, the entire process may need to be repeated or re-scheduled, so be sure to stick to this diet.

Avoid these foods
Or your doctor won't be able to see inside your colon.
Do not eat any foods that are high in fiber, such as:
- raw vegetables
- fruit seeds and skin
- beans
- corn
- whole wheat bread
- whole wheat pasta
- seeds and nuts
- bran
- bulking agents

Questions?
If you’re not sure if certain food is OK to eat, call our office, we’re here to help you! Our phone number is on the front of this guide.

Remember, if you don’t follow these diet recommendations, you may need to come in for another procedure if your colon is still dirty.

Eat foods like these
If you are not allergic to them.

Grains
- white bread
- pasta
- cooked cereals
- pancakes
- potatoes (without skin)
- white rice
- crackers
- waffles

Meats
- fish
- chicken
- eggs

Vegetables
- cooked carrots
- cooked spinach
- veggies without skin, husk, or seeds

Dairy
- milk
- cheese
- plain yogurt

Fruit
- bananas
- canned fruit
- fruit without skin or seeds
One Day before your procedure.

On the day before your procedure, you need to begin a clear liquid diet. Clear liquids are those that you can see through. Avoid all solid foods starting today. Be sure to look at the tips on page 2 to help you today, as well as read through the checklist on the next page to make sure you have everything you need for your appointment tomorrow.

Avoid all solid foods, all red and purple juices, alcohol, and dairy.

Drink at least 8 glasses of clear liquid today.

A liquid is considered clear if you can read a newspaper through the glass.

- water
- plain tea & coffee
- Enlive, Boost Breeze
- carbonated beverages
- Gatorade, PowerAde, G2
- white cranberry
- apple
- white grape
- filtered limeade, lemonade
- clear broth, consummé
- water ices, popsicles
- clear sorbets (non-dairy)
- gelatin

REMINDER Diabetes and Renal (kidney) patients need to follow their doctor’s dietary instructions.

At 6pm, follow these steps

Your doctor recommends these instructions for your prescribed medication, please call if you have any questions. Cramps and chills are normal. If you feel sick or vomit, rinse your mouth with water and take a 15-30 minute break.

STEP 1 Prepare the medicine.

Add water to the fill-line on the prescription bottle for the medicine to clean your colon.*

STEP 2 Drink half of the medicine.

Drink an 8 oz. glass every 15 minutes until you finish half of the bottle (8 glasses). You will experience diarrhea, so stay near a toilet.

STEP 3 Find the time of your procedure tomorrow.

Is your procedure time BEFORE 11am tomorrow?

YES

At 730pm tonight, drink the rest of the medicine at home, until it is finished.

NO

Save the other half of the medicine, drink the rest tomorrow morning until it is finished.

STEP 4 Drink the rest of the medicine.

* You may use Gatorade for Miralax preps ONLY. If you were prescribed MoviPrep, add pouch A and pouch B to the container, then fill.

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Do not eat or drink anything on the day of your procedure. This includes mints, gum, tobacco products, or pills.

⚠️ REMINDER

**Diabetes patients:** Do not take your morning dose of insulin or anti-diabetic pills today. Refer to your doctor’s instructions about what medications to take.

If you take medication for **blood pressure** or a **heart condition**, take your normal dose with a sip of water.

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**Checklist**

Use this checklist to help you remember everything you need to bring with you today.

- A friend or relative over 18 years old to drive you home.
- Photo identification (license or other form of ID).
- Insurance cards.
- Funds for deductible or copayments (credit card, checkbook, etc).
- A list of all medications and dosages, and allergies to medications.
- A list of conditions that may make you sensitive to sedation (such as sleep apnea).

**Depending on medical conditions listed on page 3, you may need to bring:**

- A letter from your doctor stating the results of your **cardio defibrillator** check.
- A letter from your doctor stating the results of your **Pacemaker** check.
- Instructions from your doctor regarding your **blood thinner medication**.