



Optimal Digestive Care

Colonoscopy Prep Instruction

Location of procedure: Frederick Surgical Center
45 Thomas Johnson Drive. Ste. 207
Frederick, MD 21702
301-694-3400

Frederick Memorial
400 W. 7th St
Frederick, MD 21701
240-566-3300

5 days BEFORE the Colonoscopy

Stop taking Iron-containing vitamins and medications

Stop the following blood thinners if, and ONLY IF, the Prescribing Physician approves it, for the number of days he/she allows: Plavix, Clopidogrel, Effient, Brillinta, Coumadin, Warfarin, Pradaxa, Xarelto and Eliquis.

Please notify our office in advance if the prescribing physician does not approve you to stop any of these meds.

Please continue any dose of Aspirin taken for a cardiac, vascular, or neurologic reason, throughout your procedure (DO NOT STOP IT). If you use anti-inflammatory medications (NSAIDs) for pain control, such as, Ibuprofen, Motrin, or Aleve, we suggest that you stop these medications five days prior to the date of the procedure. You MAY use Tylenol (Acetaminophen) per the instructions on the bottle.

2 days before the exam: Avoid high-fiber foods: fresh/dried fruit, vegetables, salads, seeds, nuts, etc.

The Day BEFORE the Colonoscopy

Between 5-9 am

You may have a low-residue breakfast, if you desire, strictly limited to:

- 2 eggs (boiled or fried) or 1 oz. cheese
- 1 cup of milk
- 2 slices of white bread/toast
- 1 tbsp. of butter (if desired)

9 am Begin and remain on a strict CLEAR LIQUID DIET (see table on next page)

3 pm Take 2 (of 4) prep pills (Dulcolax/ Bisacodyl) by mouth with clear liquids

Mix the ENTIRE 8.3 oz. BOTTLE of ClearLax powder with any clear liquid you wish to use. Stir until dissolved. Chill with ice or in the refrigerator.

Between 3-5 pm

Begin drinking ClearLax solution--One 8oz glass every 30 minutes, until entire 64oz is completed.

A straw may help. If you become nauseated or vomit, take a 30 minute break, and then continue.

You may start any time between 3-6 pm, but the earlier you start, the better you may sleep.

After Clearlax is consumed, take the last 2 prep pills (Dulcolax/ Bisacodyl) with Clear Liquids

Continue drinking Clear Liquids. It is very important to remain hydrated.

The Day of the Colonoscopy

4 hours prior to your arrival time, *Pour the entire 10 oz. bottle of Magnesium Citrate over ice and drink it. Then drink an additional 8 oz. of water. Note: This may be in the middle of the night or very early morning.*

You may take critical medications with sips of water at any time.

You may continue to drink Clear Liquids up to 2 hours before your arrival time.

You must have someone to drive you home or accompany you home on public transportation.

You must not drive or be responsible for important decisions until the morning after your procedure.

Clear Liquid Diet List:

Gatorade®, Powerade® (sports drinks with electrolytes are recommended to help with hydration)

Water, tea, or coffee (No cream or milk but sugar is ok)

Broth or Bouillon

Jell-O®, Popsicles®, Italian ice (no fruit or cream added)

Apple, white grape or white cranberry juice (No orange, tomato, grapefruit, prune, or any juice with pulp)

Soda such as Sprite®, 7-Up®, ginger ale, or any clear soda

Lemonade (with no pulp), iced tea

Avoid all red liquids—they can look like blood in the colon! We prefer liquids with colors such as yellow and orange. If possible, avoid colors such as red, purple and greens

Important Notes and Helpful Hints:

1. *Nothing by Mouth within 2 hours of your procedure arrival time, except any medication with sips of water.* Taking anything else by mouth within 2 hours of arrival may cause a delay or cancellation of your procedure, and this includes clear liquids, candy, or chewing gum.
2. Your exam will only be as good as your colon prep. A good sign that the prep has been effective is the transition to clear/yellow, watery bowel movements.
3. Many patients find that chilling the laxative and drinking through a straw improves tolerance.
4. Use of baby wipes instead of toilet paper, or Vaseline may help a "sore bottom."
5. Remain close to toilet facilities as multiple bowel movements may occur. The prep often starts working quickly, but may take a few hours to start working. If you do not have a bowel movement within 4 hours of starting the prep, AND if you do not have any medical condition that would prohibit its use, ONE Fleets Enema can help get the prep to start to work.
6. You may take oral medications with water during the prep and up to 2 hours before your arrival time. If you require antibiotic prophylaxis for the procedure, you may take this medication 1 hour prior to your procedure time (which is actually your arrival time) with a small quantity of water.

Diabetic patients:

1. Hold (do not take) your diabetic medication the morning of the colonoscopy.
2. Monitor and control your blood sugar closely during your prep to prevent low and high blood sugar.

Frequently Asked Questions at:

www.OptimalDigestiveCare.com

If you have questions, please call us at: **301-624-5566**