

## Colonoscopy Prepopik Preparation

Procedure Date: \_\_\_\_\_ Follow up appointment \_\_\_\_\_

*The facility will call you with the time 2 business days prior to your procedure date*

FACILITY	ADDRESS	PHONE#
ORANGE CITY SURGERY CENTER	975 Town Center Dr, Orange City FL	386-456-5247
LAKE MARY SURGERY CENTER	460 ST Charles Court, Lake Mary FL	407-585-0263
FHC PLANS SURGERY CENTER	2777 Enterprise Rd, Orange City FL	386-481-6282
FL HOSPITAL FISH MEMORIAL	1055 Saxon Blvd, Orange City FL	386-917-5000
CENTRAL FLORIDA REGIONAL HOSPITAL	1401 West Seminole Blvd, Sanford FL	888-894-2106

### Preparation

Colonoscopy is an examination of the colon (large bowel) with a flexible tube about the thickness of your pinkie finger, which transmits a live color image onto a television screen. There are many things a person would rather do than undergo a bowel prep for a colonoscopy, but your efforts at cleansing your colon are essential for an accurate procedure.

### One Week Prior to the Procedure

DO NOT take iron pills or medications that may cause bleeding. These medications may include: Plavix, Coumadin, & Aspirin. You MUST stop any anti-inflammatory type drugs including: Aspirin, Ibuprofen, Motrin, Advil, Naprosyn, Naproxen, & Diclofenac.

- TYLENOL is safe to use prior to this procedure.

### One Day before the procedure:

#### ***Do Not Eat Any Solid Food The Entire Day Before The Procedure!***

Have a clear liquid diet throughout the day. Avoid liquids that are red or purple in color such as red grape or cranberry juice. Avoid ALL dairy products and juices with pulp such as orange or grapefruit juice.

**Soups:** Clear broth

**Sports drinks:** Gatorade, Powerade, Propel

**Juices:** White cranberry, White grape, Apple

**Beverages:** Tea, Kool-aid, Water

**Desserts:** Water ices, Italian ices, Popsicles, Jell-O

### Commonly asked Questions:

#### **How do I know if my prep is adequate?**

The stool should be watery in consistency. It does not have to be clear in color like water since digestive juices will continue to tint the stool yellow and small flecks of debris are not a problem as long as the stool is not muddy or thick.

**What side effects may I expect?**

Since the prep works by flooding the intestinal tract with fluid, abdominal bloating and cramping may occur, as well as some nausea and vomiting. This is usually temporary, and as the diarrhea develops, symptoms will gradually improve. Weakness can also occur, especially if you have not taken enough fluid with the prep, and can be remedied by increasing fluid intake.

<i><b>If your Procedure is before 10 AM</b></i>	<i><b>If your Procedure is after 10 AM</b></i>
<p><b>One Day before Procedure:</b></p> <ul style="list-style-type: none"> <li>• At <b>5:00pm</b>, fill the dosing cup with cold water to the lower line on the cup. <ul style="list-style-type: none"> <li>○ Pour one packet into the cup and stir. Then drink the entire contents. Follow with (5) 8 ounce glasses of water at your own pace.</li> </ul> </li> <li>• At <b>8:00pm</b>, repeat the steps you did at 5 pm.</li> </ul>	<p><b>One Day before Procedure:</b></p> <p>At <b>5:00pm</b>, fill the dosing cup with cold water to the lower line on the cup.</p> <ul style="list-style-type: none"> <li>• Pour one packet into the cup and stir. Then drink the entire contents. Follow with (5) 8 ounce glasses of water at your own pace.</li> </ul> <p><b>The Morning of the Procedure:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 5 hours before the Procedure time: repeat the steps you did at <b>5 pm</b>.</li> <li><input type="checkbox"/> Make certain to be finished drinking your last glass of water at least 2 hours before your procedure</li> </ul>

**Day of Procedure:**

- If you take medication, you may have it the morning of the procedure with a sip of water but no later than 3 hours prior to the procedure. You may brush your teeth.
- **You must be accompanied by a friend or relative to drive you home. You MAY NOT drive; go home in a taxi or by bus.**
- You may continue to drink clear liquids, including water, until 3 hours before the exam.

Remember, stay close to the bathroom facilities and warn family members that the room belongs to you!

Good Luck! This is the hardest part of the procedure.

Please allow a **5 business day notice** for any cancellation or there will be a **\$200 charge**.