

# Colonoscopy instructions for 3L prep

## **FIVE (5) DAYS PRIOR:**

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STOP taking Iron, fish oil, vitamin E

STOP eating all seeds, nuts, popcorn

OK to take any other regular medications

\* If you take any blood thinning medication, such as Coumadin, Pradaxa, Eliquis, Plavix, Savaysa, among others, your prescribing physician will be contacted by our office, and we will contact you with any special instructions. If you have not heard from our office within a week of your procedure, call the CGA nurse's line at 434-817-8484 ext. 3

## **DAY BEFORE PROCEDURE:**

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Clear liquids diet ALL day for breakfast, lunch and dinner. Clear liquids include; Apple/white grape Juice, Sprite, Gatorade, Chicken Broth, Jello (no red, blue or purple coloring), black coffee (no milk or cream) & tea. NO SOLID FOOD!!!!

Morning: ADD cold water to the bowel preparation jug and refrigerate.

12:00 PM Take all FOUR (4) bismacodyl 5mg tablets. Diarrhea may begin within 1-2 hours.

4:00 PM Drink EIGHT (8) 8 ounce glasses of the preparation, one every 15-20 minutes. Store remainder in refrigerator.

Evening: Drink at least 16 ounces of additional clear liquids during the evening. We encourage you to drink more fluids to stay well hydrated.

Diarrhea usually starts between 1 and 3 hours after starting to drink the fluid and may last for up to 3 hours, but then should stop.

## **MORNING OF PROCEDURE:**

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IMPORTANT: Failing to take the second dose may force cancellation.

4 (four) hours before your colonoscopy, drink FOUR 8-ounce glasses of the preparation, one glass every 15 minutes. Drink at least 16 ounces of additional clear liquids of your choosing. When you finish the 16 ounces of additional liquid, STOP ALL LIQUIDS

If you are having a double procedure (upper endoscopy and colonoscopy at the same time) drink the second dose of prep 7 (seven) hours prior to the procedure.

DO NOT DRINK ANYTHING 3 hours prior to your procedure (6 hours for double procedure).

\* If you are on an antihypertensive/blood pressure medication, take them as usual, up to 3 hours prior to your procedure. If you are diabetic, do not take your morning insulin and/or oral diabetic medications.

