

ELLIS COUNTY SURGICAL ASSOCIATES
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INSTRUCTIONS FOR COLONOSCOPY

This information has been prepared to assist you. **PLEASE READ IT CAREFULLY.** If you have any questions, please call the doctor's office listed above during regular business hours.

Transportation: You will be sedated for the procedure. **You will not be allowed to drive yourself home.** Please make arrangements to have someone drive you home after the procedure. Allow approximately 2-3 hours from arrival to departure.

Medications: Do ***NOT*** take Aspirin or Ibuprofen products at least 5 days prior to your procedure. If you are taking a prescribed blood thinner, please call your physician to be sure it will be o.k. to stop 5 days. If you are taking medications for blood pressure, heart, or any other critical medications continue to take them on your regular schedule, even the morning of the procedure with a sip of water only. Do ***NOT*** take diabetes medication on the morning of the procedure until you are allowed to eat again.

Preparation Day Before Procedure: You must be on a clear liquid diet only on the day before the procedure. This includes all you want of broths, Jello, Popsicles, fruit juices without pulp, soda, water, coffee, and tea. Please **do not have anything red the day before.** This may be confused for blood during the procedure.

**You need to purchase GoLYTELY , NuLYTLEY or COLYTE.

1. Take Reglan 10 mg before you start the bowel preparation.
2. You may start drinking the bowel prep as early as you like, but no later than 12:00 noon (the sooner you start, the sooner you finish). Drink it in the following manner:
3. Chill the solution in the refrigerator.
4. Drink one liter per hour for four hours.
5. You may suck hard candy to change the taste.
6. You will feel full and bloated, this is normal.
7. If you become severely nauseated, quit drinking the solution for _-1 hour and let the nausea subside before resuming.
8. After finishing the solution, you may continue to drink clear liquids until midnight if desired.

AFTER MIDNIGHT DO NOT EAT OR DRINK ANYTHING

After the procedure: You may feel full/ bloated. This will pass as you expel the air that was introduced into your colon during the procedure.

The findings from the examination will be explained to you and/or a family member before you leave the hospital. If a biopsy is performed, it will be sent off and takes a few days to come back with results. We will call or mail a letter to you with your results after the doctor has reviewed them.