

## Preparing for a colonoscopy

- A successful colonoscopy requires an adequate preparation of the large bowel that facilitates clear visualization of the mucosal surface

## Time of procedure

- Someone from CHI St Alexius or Brightside Surgical will contact the day prior to surgery to let you know when to arrive. If your procedure is on Monday, they will contact you on Friday. If you do not hear from them by 4pm the day prior to please contact them.
  - CHI St Alexius call 701-530-5267 or toll free 1-800-222-4036 ext 5267
  - Brightside Surgical call Brightside Surgical call 701-877-1550

## PREP SUPPLIES

- Prescription for Go-Lytely (Mix and Chill in the morning and refrigerate)

## THE DAY BEFORE THE PROCEDURE

- **DO NOT EAT ANY SOLID FOOD OR MILK PRODUCTS FOR THE ENTIRE DAY.** You may have clear liquids (see clear liquid diet list). You will remain on clear liquids ONLY until after the procedure.
- Refrain from alcohol for 24 hours prior to procedure
- **4pm** the day prior to procedure drink  $\frac{3}{4}$  **gallon** over 2 hours Please remain close to home or the bathroom.
- It is important to complete the entire prep for your colonoscopy as it provides optimal visualization of your colon.
- You can continue clear liquids for the rest of the evening

## CLEAR LIQUID DIET

- Do not drink anything that is red or purple

- No milk products
- No jello
- No popcorn or corn for 3 days prior
- No seeds for 3 days prior
- Fruit juices without pulp (apple, white grape, lemonade)
- Water
- Clear broth (chicken, beef) or bouillon
- Black coffee or tea (without milk or non-dairy creamer)
- Gatorade, Powerade, or Kool-Aid – NO RED OR PURPLE
- Any flavor soft drinks (Coke, Diet Coke, Pepsi, Diet Pepsi, Sprite, etc.)

#### IMPORTANT NOTE

- You may take Tylenol/acetaminophen as needed
- You must be off coumadin or Plavix for 5 days prior to procedure
- You must be off phentermine for 7 days prior to procedure
- Check with your primary care provider or cardiologist to make sure you are ok to hold these medications and when to resume these medications
- **You must have a driver** for this procedure. If you choose to drive within 24 hours after your procedure, you will be considered under the influence and law enforcement will be notified.

#### THE DAY OF THE PROCEDURE

- The nurse will instruct you as to when to drink the other ¼ gallon drink over 1 hour. You may have clear liquids up to 4 hours before you arrive for your procedure.
- Wear something comfortable the day of the exam as you will probably be drowsy when you leave
- No mints or gum
- Take heart or blood pressure medication as usual with a sip of water
- Do not take diabetic medication, but do bring it with you
- You will be at your procedure for about 2 hours
- You must have a driver