

Colon and Rectal Surgery, Ltd.

Kenneth J. Boyd, MD

Samir N. Parikh, MD

Shirley Shih, MD

610 565-3435

TIPS FOR A SUCCESSFUL COLONOSCOPY

Your upcoming colonoscopy is an important way to help prevent the development of colorectal cancer, by identifying and removing colorectal polyps, which are generally the earliest stage of almost all colorectal cancers. To insure the greatest likelihood of discovering any and all polyps that might be growing in the colon, the bowel should not only be emptied, but the lining should be thoroughly cleansed of any residue. Therefore, your preparation is of critical importance.

There are several methods used to cleanse the colon for colonoscopy. All will require a restricted diet on the day before the colonoscopy. On the day of your prep, you should drink only clear (transparent) liquids. Color and darkness are not important, so black coffee, tea without milk/cream, broth, clear fruit juices like apple juice or cranberry juice, are all acceptable. In general, if you can't see through it, don't drink it. So, no milk or coffee creamers, no opaque juices such as orange juice or tomato juice. And of course, no solid foods except perhaps Jell-O.

If you use a "split dose prep", meaning, part taken *in the evening before*, and part taken *early the next morning, starting 5 hours before your procedure*, you may drink clear liquids up until the morning part of your prep. After completing your morning doses, ***do not eat or drink ANYTHING until after your examination.***

If you are using the "pill prep", called Osmoprep, it is extremely important that you avoid dehydration. Therefore, if you are using this product you should drink plenty of clear liquids all day, beginning in the morning, before taking the first doses in the late afternoon/early evening.

If you take blood thinners such as *aspirin, Coumadin (warfarin), or Plavix*, you will need to stop these medications prior to your exam to minimize the risk of excessive bleeding should a polyp need to be removed. The guidelines are as follows:

- Aspirin and Plavix should be stopped **10 days prior** to the colonoscopy
- Coumadin/warfarin should be stopped **3-5 days prior** to the colonoscopy

Please take whatever steps necessary to remind yourself of these medication guidelines. Failure to observe these guidelines may result in last minute rescheduling of your colonoscopy. If you have any questions, please call our office.