

Kenneth J. Boyd, M.D.
Samir N. Parikh, M.D.
Shirley S. Shih, M.D.
610-565-3435

Hospital: _____
Date: _____
Arrival: _____
Procedure: _____

PREPARATION FOR COLONOSCOPY

This preparation is to be followed for outpatient colonoscopy. If you are diabetic, please check with your family physician before starting the preparation.

THE DAY BEFORE PREP DAY

To facilitate your bowel cleansing program, you should take 2 Dulcolax tablets (over the counter) around mid-day on the day before you start the prescribed bowel cleansing program. Continue your normal diet.

THE DAY BEFORE COLONOSCOPY – PREP DAY

DO NOT EAT ANY SOLID FOODS. For the entire day, drink only clear liquids (**examples:** water, tea, coffee, bouillon, consommé, broth, clear fruit juices, soft drinks, and **Jell-O without fruit and no red or purple flavors**). Sugar may be used in your beverages and you may also have hard candy. **DO NOT USE ANY MILK OR DAIRY PRODUCTS.**

At 4:00 p.m.

Drink a 10-oz bottle of Citrate of Magnesia

At 6:00 p.m.

Take 4 Dulcolax tablets

Both of the above products are available in drugstores and large supermarkets.

DAY OF COLONOSCOPY

NO BREAKFAST – Small amounts of liquids may be consumed until 5 hours before the time of procedure. From that time on **take nothing by mouth** until after the procedure.

If you are currently taking daily medications, please continue to do so with the exception of aspirin and blood-thinning medications (Coumadin). Aspirin and Plavix should be discontinued **10 days** prior to the procedure. Coumadin should be discontinued **three days** prior to procedure. If you take cardiac medications of high blood pressure medications, these should be taken with a sip of water prior to coming to the hospital.

Use a FLEET ENEMA (green and white box with black lettering) or a tap water enema (one pint, barely lukewarm) one and a half to two hours before leaving home for the hospital.

PLEASE NOTE: YOU **MUST** HAVE A DRIVER TO TAKE YOU HOME. If you are an HMO member, **YOU MUST PROVIDE A REFERRAL PRIOR** to your procedure. **NO EXCEPTIONS WILL BE ALLOWED.**

Please feel free to call our office if you have any questions regarding this preparation.