

Alaska Medicine & Endoscopy, LLC

Colonoscopy Prep Instructions

Before Scheduling

Please call your insurance company to find out if pre-authorization is necessary. Bring all pre-authorization information, as well as your and your spouse's Social Security numbers, employer'(s) name and phone numbers. Bring all current insurance/Medicare/Medicaid cards/ coupons with you. **To schedule, reschedule, or cancel your procedure, please call 452-2637.**

Please arrange to have someone to drive you home from your colonoscopy, as you will be sedated and the medication takes several hours to wear off. You may not take a taxi or bus.

Medication Instructions

Pick up your prep at least a week prior to your procedure to ensure you will have it in time. The prep prescription should be available for pickup 2 days after you call to schedule.

If you have a heart condition, recent heart attack, cardiac stent placement, mechanical heart valve, or history of a blood clot in your leg or lung, you should discuss this with your Cardiologist **AND** Dr. Chiu prior to stopping any anti-clotting agents or blood thinners. **Otherwise**, stop any anti-clotting agents or blood thinners (such as Aspirin, Coumadin / warfarin, Plavix / clopidogrel, Ticlid, Persantine, Lovenox, Heparin but also possibly others) **stop Ginko Balboa, fish oil or mineral oil, and stop iron 5 days prior to your colonoscopy.** You may continue any arthritis or anti-inflammatory medications. After the procedure, Dr. Chiu will provide instructions regarding when to restart any medications which might have been stopped.

Diabetic patients should take ½ of the usual dose of insulin or other diabetic medications while on the clear liquid diet. No insulin or other diabetes medication should be taken the morning of the procedure, unless otherwise instructed.

Purchase one gallon of Golytely or generic equivalent at any pharmacy at

least 5 days before your colonoscopy. A prescription will be needed. You may also wish to purchase some extra soft toilet paper. Anal irritation may develop from this regimen, but unless your colon is empty the doctor can't see the colon wall and polyps can be missed.

You may use Vaseline, Preparation H, A&D ointment, Tucks, or other protective agents to minimize discomfort (apply prior to drinking Golytely prep, see below).

Three Days Before

Avoid eating popcorn, nuts, seeds, grapes, beans, green peas, salads (and other raw vegetables), tomatoes, vitamins and herbals starting 3 days before your procedure.

The Day Before

Start a clear liquid diet in the morning. Clear liquids are water, bouillon, tea, fat free broth, and apple or cranberry but not other juices. You may also have jello, popsicles and carbonated drinks that are not RED in color. Drink at least 8 ounces of clear liquids every hour after waking up. Also in the morning, reconstitute the Golytely with water and chill it in the refrigerator.

At 6 pm, drink 3/4 of the gallon of Golytely within 2 1/2 hours. Drink an 8 oz. glass of Golytely every 10 to 15 minutes. You may drink clear liquids up until 4 hours before your procedure. You should have nothing by mouth after that.

Procedure Day

Please bring someone to drive you home, as you will be sedated for the procedure, and the medication takes hours to wear off. **You will not be discharged without a ride, and may not take a taxi or bus. Do not drive or operate heavy or dangerous equipment for 24 hrs after your discharge.**

Four hours before your procedure, drink the last 1/4 gallon of Golytely within an hour. Do not eat or drink anything afterwards. If your bowel movements do not become clear as weak tea, please notify the nurses at check-in.

Wear comfortable clothing; bring your medications, glasses, and hearing aids.