

Colonoscopy Preparation Instructions



Split Dose Prep using:

**Golytely | Trilyte | Colyte | PEG Electrolytes
Suprep | Moviprep | Prepopik**

- Main Endoscopy Suite in Palo Alto
300 Pasteur Drive, H0262 Ground Floor
Stanford, CA 94035
(650) 725-8117
- Outpatient Center (OPC)
420 Broadway Street, Pavilion D, 3rd Floor
Redwood City, CA 94063
(650) 736-5555, option 3
- Cancer Center South Bay (CCSB)
2589 Samaritan Drive, OR 2nd Floor
San Jose, CA 95124
(408) 426-4900, transfer to OR
- Digestive Health Clinic in Emeryville
5800 Hollis Street, 2nd Floor
Emeryville, CA 94608
(510) 806-2109 or (510)-806-2180

TENTATIVE Date of your colonoscopy: _____

TENTATIVE Appointment time: _____

TENTATIVE Check-in time: _____

Doctor: _____

Please note, these appointment details can change.

Expect a call at least one day prior to your procedure to confirm your procedure time and check-in time. If it is one day before your procedure and you have not received a call to confirm your appointment details, please call the location where your procedure is scheduled.

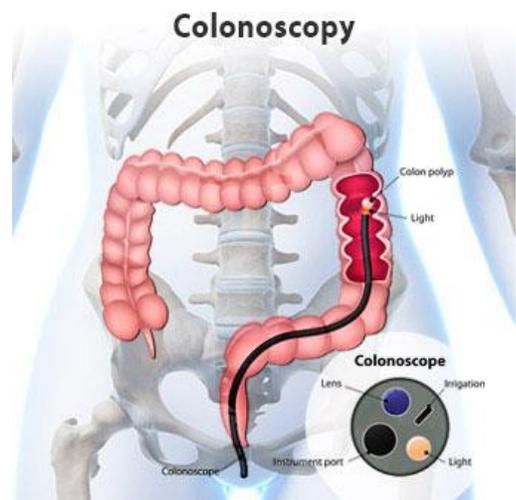
For questions about your scheduled procedure(s) in Palo Alto, OPC, or CCSB, call: (650) 736-5555 option 3, then option 1.

Read these instructions at least **TWO WEEKS before your procedure** so you can prepare. You may need to make changes to your daily medicines. If you take blood thinners, or if you have a pacemaker or defibrillator device, please discuss these issues with your endoscopy scheduler. If you have the following medical conditions and have not already discussed them with us, please contact the endoscopy scheduling team: history of liver, heart, or lung disease; kidney disease (dialysis); diabetes; or excessive bleeding during previous surgery or dental extraction. **Arrange to have an adult drive you to your test and be there to drive and/or accompany you home after you are done.** Medicines given to help you relax during your test will affect your judgement and reflexes much of the day. If you are taking a form of public transportation, an adult other than the driver **MUST** ride with you for your safety. Bring a copy of your current medicines and doses on the day of your procedure.

Stop drinking all fluids 4 hours prior to your appointment time. Your colon is well-prepared for this procedure when your bowel movements are either clear or clear yellow. **If your bowel movements are still brown on the morning of your procedure, please refer to the section of these instructions regarding magnesium citrate. Your colon must be clean for your colonoscopy to achieve its purpose, which includes colon cancer prevention.** If you need to **reschedule your procedure, please call your endoscopy scheduling team 10 days prior to your procedure: (650) 736-5555 option 3, then option 1.**

About your procedure

You are scheduled for a colonoscopy at Stanford Health Care. This is an exam of your large intestine, or colon, using a flexible tube that will be placed into your rectum. This tube has a light and camera at the end of it, and your gastroenterologist will check your colon for abnormal growths or other problems. This test helps your doctor diagnose illnesses and make plans for treatment if needed. At Stanford Health Care, we strive to perform the safest and most careful exam for every patient. A colonoscopy may take longer for some patients than for others. As a result, your exam may not be performed at the exact time you were scheduled. We ask you for your patience. Please allow 3 to 4 hours from check-in time for your visit.



You may need to make changes to your daily medicines

If you take medicines for diabetes, call the doctor who manages your diabetes to discuss how to manage your medicines for this procedure. You should not take your oral diabetes medication on the day of your procedure unless otherwise instructed. If you take injectable insulin, we recommend that you hold your morning dose. If you have an insulin pump, you'll need instructions on the settings of your device during this procedure, as well as your prescribed off-pump instructions. Prevent low blood sugar on the day you will be on a clear liquid diet by consuming chicken, beef, or vegetable broth. Keep glucose tablets on hand for any sudden drops in blood sugar. They are available over-the-counter at any pharmacy.

If you take blood thinners such as Plavix, Coumadin, Xarelto, Effient, Pletal, Eliquis, Fragmin, Pradaxa, Brillinta, Innohep, Savaysa, Lovenox, Heparin, or any other blood thinner not on this list, **you will need additional instructions provided from the doctor who manages your medication.** It is very important for you to receive instructions on your blood thinner in a timely manner, as your procedure **may need to be rescheduled if we don't receive this information in time.** Ask your endoscopy scheduler for information about these additional instructions that are needed.

If you have a Pacemaker or Internal Defibrillator, your endoscopy scheduler will acquire information about your device from your doctor's office. Please bring your device card with you on the day of your procedure.

Seven (7) days before your procedure

- 1) **Avoid eating seeds, corn, popcorn, or fruits and vegetables with many seeds** like cucumbers, tomatoes, and strawberries. These foods are hard to digest, do not clear out of your colon easily, and can make it difficult for your doctor to visualize your colon. Seeds can also clog the colonoscope, the flexible tube that will be used during your test. For more food options that are easier to digest, please see the final page of these instructions.
- 2) **Stop using fiber supplements like Metamucil, Citrucel or Fiberall**
- 3) **Stop taking iron pills, fish oil, vitamin E, and supplements.** You may continue to take Aspirin 81 mg, or “baby aspirin.”
- 4) Purchase your bowel prep from your pharmacy
 - Before you drive to your pharmacy, give them a call to make sure they have filled your prescription.
 - If you have called your pharmacy and your bowel prep prescription has not been sent, please call your endoscopy scheduling team: (650) 736-5555 option 3, then option 1.
 - Do not mix your bowel preparation until the day before your procedure.
- 5) Purchase a variety of clear liquids that you will consume the day before your procedure
 - Please refer to the clear liquid options listed under, “One (1) day before your procedure.”
- 6) **Optional:** Purchase one 10-ounce bottle of magnesium citrate over-the-counter to have on-hand. Magnesium citrate is a saline laxative that can help to clean you out if your bowel movements are still brown on the morning of your procedure. Remember, your colon is well-prepared if your bowel movements are clear or clear-yellow. *However, you should not consume magnesium citrate if you have reduced kidney function, kidney disease, a sodium or magnesium restricted diet, a diagnosed stomach or intestinal blockage, or history of seizures.*
- 7) **Optional:** Purchase any items that can help minimize anal irritation
 - Petroleum jelly or diaper rash ointment to use around the anus
 - Baby wipes (alcohol and fragrance-free).
- 8) **Make sure you have a responsible adult to drive you to your procedure and be there to drive and/or accompany you home once you are done.**

Three (3) days before your procedure

- 1) **Stop taking NSAIDs** such as Ibuprofen, Aleve, Naproxen, Advil, etc.

One (1) day before your procedure: **CLEAR LIQUIDS ONLY** & FIRST ½ OF PREP

Only follow the bowel preparation instructions on this sheet, or instructions given by your doctor. You will receive a call from the endoscopy department to confirm your appointment time. You need to know this time because it determines when you should drink your second dose of bowel prep. If you have not received a call by 3 pm the day before your procedure, please call the location where your procedure is scheduled.

1) You will be on a clear liquid diet the entire day before your procedure:

- Do not consume solid food the entire day
- Do not consume alcohol
- **Consume clear liquids only**, such as:

Chicken, beef, or vegetable broth	Consommé
Sodas	Juice popsicles
Black coffee with no cream or milk, sugar ok	Tea with no cream or milk
Fruit juices with no pulp	Clear Jell-O
Sports drinks	Clear, hard candy
Lemonade and juices with no pulp	



2) Morning: Mix your bowel preparation and refrigerate

- Golytely, Trilyte, Colyte, or PEG 3350 Electrolytes: Add water to the fill line of your container and mix. **Optional:** Add a flavor packet if it was provided.
- Suprep, Moviprep, or Prepopik: Mix as directed on the package.

*Note: Suprep's instructions indicate that a patient may eat a light breakfast the day before the procedure. However, please consume clear liquids **ONLY**.*

3) Between the hours of 5 pm - 9 pm, drink the first dose

- Golytely, Trilyte, Colyte, or PEG 3350: Drink one glass every 10-15 minutes until you have consumed ½ gallon. If you feel nauseated, take a 10-15-minute break until the nausea subsides. Refrigerate the rest of the prep.
- Suprep, Moviprep, or Prepopik: Drink the 1st dose and then drink the specified amount of clear liquids as detailed on the package instructions.
- Bowel movements often begin about 1 hour after the first glass, and may continue for 1 to 4 hours after you finish the last glass. Consider using baby wipes and/or ointments to minimize anal irritation.
- Bloating, nausea, or chills are common and are temporary. If nausea is severe take a 30-minute break, and then resume drinking the bowel prep slowly as needed.

The day of your procedure: SECOND ½ OF PREP

- 1) **Upon waking, you may continue the clear liquid diet.** Absolutely no solid foods may be consumed.
- 2) **If applicable,** take your blood pressure and heart medications with a small sip of water at least 30 minutes prior to drinking the second dose of prep. If you are diabetic, you should not take your oral diabetes medication or injectable insulin on the day of your procedure unless otherwise instructed by your doctor.
- 3) **Using your scheduled appointment time (not check-in time), determine when you should take the second dose of bowel prep:**
 - 5 hours before your appointment time, begin drinking the remaining half of your bowel preparation, and finish within the hour.
 - Stop drinking all fluids 4 hours before your appointment time.
 - *Example: If your scheduled appointment time is 8 am, start drinking the second dose of prep at 3 am and finish by 4 am. Do not drink any more fluids after 4 am until your procedure is completed.* You will be able to eat and drink as soon as your procedure is completed, unless you are told otherwise by your doctor.
- 4) Your colon is well-prepared for this procedure when your bowel movements are either clear or clear yellow. **If your bowel movements are still brown on the morning of your procedure,** and you do not have reduced kidney function, kidney disease, a sodium or magnesium restricted diet, a diagnosed stomach or intestinal blockage, or history of seizures, you may consume a 10-ounce bottle of magnesium citrate and finish the bottle no later than 3 hours before your appointment time. **If you are unable to take magnesium citrate, please call (650) 736-5555.** Your procedure may need to be rescheduled if your colon is not well-prepared, however please discuss this with the nurse first.
- 5) **Please be sure that you will have a responsible adult with you to take you home.**
 - If you do not have a responsible adult with you to take you home, your procedure cannot be done and **will be cancelled.**
 - You may take any form of transportation to and from the procedure, however you **MUST** have someone with you to accompany you home.

Notes:

Tips while drinking the bowel preparation

1) To improve the taste of the bowel preparation, try:

- Chilling it before drinking
- Adding a citrus-flavored powdered drink packet if one was provided by the pharmacy
- Licking a lemon or lime wedge dipped in sugar or hard candy between sips
- Using a straw

2) To prevent dehydration, drink plenty of fluids while you are on the clear liquid diet and after your test is complete. Your body can lose a significant amount of fluids during the bowel preparation.

3) Common symptoms you may experience that should decrease over the course of the bowel preparation: bloating, nausea, abdominal cramps, and/or chills.

What to expect upon arrival to the endoscopy suite

1) You will meet your endoscopy nurse

- He or she will ask you questions to ensure that you understand the test and reason for it, and to ensure that you are properly prepared. Your gastroenterologist will also review the procedure with you.

2) Your endoscopy nurse will start your intravenous (IV) line

- You will receive medications for your procedure through your IV line. Unless your procedure is scheduled with anesthesia, you will be receiving moderate sedation. The medications given to you for moderate sedation include a sedative, which helps you relax, and a narcotic, to help with discomfort.
- Your vital signs (blood pressure, heart rate, oxygen level) will be monitored closely before, during, and after your test.

After the procedure

1) Rest for the remainder of the day for your health and safety

- You must not drive for the remainder of the day. Do not participate in any activities that require coordination or judgment, or sign legal documents. You may resume normal activities the next day after your procedure.

2) Please inform your physician if you plan to travel by air after your procedure

- There is a small risk of bleeding for up to two weeks after a polyp is removed during a colonoscopy. We discourage booking an international flight within two weeks after your colonoscopy for your safety.

3) Bloating, gas, or mild cramping is normal after a colonoscopy and should diminish

- If you experience severe abdominal pain and/or severe bleeding, please call the Digestive Health Center (650) 736-5555, option 1.

1) Do I really have to drink all this prep?

- Yes, you do! National studies have demonstrated that the most effective way to cleanse the colon is to take the entire bowel preparation split into two doses. You want your colon to be as clean as possible so that your gastroenterologist may fully visualize your colon. This makes a significant difference in how good the colonoscopy is at achieving its purpose, which includes colon cancer prevention.

2) Can I have other fluids that are not clear?

- No, you should not drink fluids that are not clear. The general rule is if you can see through it, you can consume it. You should stay well hydrated while drinking the bowel preparation. Please feel free to drink as many clear liquids as you'd like. However, be sure to stop drinking all fluids 4 hours prior to your appointment time.

3) Is a colonoscopy perfect?

- A colonoscopy has been considered the “gold standard” for examination of the colon and rectum. However, polyps and other findings can sometimes go unseen at the time of a colonoscopy. You can minimize this risk by taking your bowel preparation as instructed. On rare occasions, the colonoscope cannot be advanced all the way around the colon. In cases like this, your gastroenterologist will discuss alternatives with you.

4) Can I drink the prep earlier than the times on my instructions?

- If you have a long commute or the times listed on your instructions are a hardship on you, the endoscopy scheduling RN Coordinator can discuss a different prep plan with you. Please call (650) 736-5555 option 3, then option 1. Your information will be taken down and the RN Coordinator will return your call in a timely manner.

5) How will I know if I did the bowel preparation correctly?

- You will know if your colon is ready for your test if your bowel movements are either clear or clear yellow. If your bowel movements are still brown, your colon is still not clean, and your procedure may need to be rescheduled. If your bowel movements are still brown on the morning of your procedure, and you do not have reduced kidney function, kidney disease, a sodium or magnesium restricted diet, a diagnosed stomach or intestinal blockage, or history of seizures, you may consume a bottle of magnesium citrate and finish the bottle no later than 3 hours before your appointment time.

6) Why doesn't MyHealth show this appointment?

- MyHealth is not set up to report surgical times, so you will not be able to see this information. **If you do not know your scheduled appointment and/or check-in time and it's 3 pm the day before your procedure, please call the location where your procedure is scheduled.**

Use this guideline seven (7) days before your procedure. Remember, you will be on a clear liquid diet the entire day before your procedure.

Food Group	Foods Allowed	Foods to Avoid
Fruits	<ul style="list-style-type: none"> • Canned or cooked fruit without skins or seeds (peaches, pears, apricots, apples) • Applesauce • Ripe banana • Jellied cranberry sauce 	<ul style="list-style-type: none"> • Raw fruit (bananas are ok) • Canned pineapple, oranges, grapefruit sections, mixed fruit • Dried fruit • All berries, melons • Whole cranberry sauce • Avocado • Coconut
Vegetables	<ul style="list-style-type: none"> • Tender, well-cooked fresh, canned, and frozen vegetables without seeds (peeled carrots, green beans, and beets) • Strained vegetable juice 	<ul style="list-style-type: none"> • All raw vegetables, such as lettuce, onion, celery, cucumber, mushrooms, scallions, etc. • Vegetables with seeds • Tough, fibrous cooked vegetables such as artichokes, asparagus, broad beans, broccoli, cauliflower, brussels sprouts, celery, corn, cucumber, eggplant, mushrooms, onion, peas, sauerkraut, cabbage, spinach, tomatoes, zucchini summer squash, winter squash
Meat and meat substitutes	<ul style="list-style-type: none"> • Cooked, tender fish, poultry, beef, lamb, pork, ham, veal, organ meats • Eggs • Cheese • Tofu • Tuna fish • Smooth peanut butter and other smooth nut butters 	<ul style="list-style-type: none"> • Non-tender meats • Gristle • Hot dogs • Salami, cold cuts • Meat substitutes made with whole grains, nuts, or seeds • Dried beans, peas, lentils • Crunchy peanut butter and other crunchy nut butters
Miscellaneous	<ul style="list-style-type: none"> • Salt, ground or flaked herbs and spices • Vinegar • Ketchup and mustard • Soy sauce • Jelly, but not jam or preserves 	<ul style="list-style-type: none"> • Pepper • Seed spices • Seeds and nuts • Popcorn • Jam or preserves • Pickles and olives