

***Please visit our website www.buxmontgi.com for FAQ's. If you still have questions regarding your prep and procedure, contact nursing at 215-257-3011.

SPLIT DOSE PREPOPIK

PROCEDURE DATE & TIME OF ARRIVAL _____

Bux-Mont Endoscopy Center Grand View Hospital St. Luke's Quakertown Hospital GVH Harleysville Outpatient Center

Your physician has requested you have a colonoscopy examination to view the inside of your large intestine. The actual test takes approximately 30 minutes; however you can expect your total stay to be about 1 1/2-2 hours if performed at the Bux-Mont Endoscopy Center, or 2-3 hours if in the hospital. You will be receiving intravenous sedation medications for your procedure. Therefore, **YOU MUST MAKE ARRANGEMENTS AHEAD OF TIME FOR AN ADULT TO DRIVE YOU HOME.**

INSTRUCTIONS

Non-Steroidal Medications/Aspirin/Aggrenox:

- There is no need to stop anti-inflammatory drugs (such as ibuprofen, Motrin, Advil, Aleve, Naprosyn, etc.), aspirin or aggrenox unless otherwise directed by your physician.

Blood Thinners:

- **IF YOU TAKE COUMADIN, PLAVIX, ASPIRIN, XARELTO, ELIQUIS, BRILINTA, TICLID, PRADAXA, ENOXAPARIN, ENDOXAPAN or other "blood thinning" agents**, you should already have special instructions from your doctor. If you did not receive these instructions, please notify nursing at **215-257-3011**.

Diet the WEEK BEFORE your procedure:

- The week prior to your examination it is highly recommended that you follow a low roughage diet- avoid foods such as tomatoes, corn, beans and fruits with the peel so the physician can see the entire colon better.

Diet the DAY PRIOR TO your procedure:

You may have a light breakfast before 9AM and then begin clear liquids. Absolutely NO solid foods after breakfast.

- A clear liquid diet supplies fluid and calories and reduces bowel residue.
- Clear liquids include: Clear chicken, turkey, beef or vegetable broth or bouillon, black coffee, tea, clear hard candy, Jell-O, apple juice, water, Crystal Light, Gatorade, soda, Italian water ice, popsicles or white grape juice.
- **Do NOT** eat/drink anything with red, blue or purple food dyes- red and purple look like blood during your colonoscopy.
- **Do NOT have milk or milk products- milk is NOT a clear liquid.**
- You may continue to have clear liquids after midnight up until 3 hours prior to your arrival time.
- **Do NOT** drink water during the 3 hours- this will cause a cancellation or delay to your procedure.
- Do not chew gum, suck on hard candy or smoke 3 hours prior to your procedure.
- ***Drinking any liquids, including water, within the 3 hours prior to your procedure may result in your procedure being cancelled.***

PREP INSTRUCTIONS

- Step 1
 - **The evening prior to your procedure (5pm to 9 pm)**, prepare your solution. Fill the container to the lower fill line (5 ounces) with cold water. **Pour** in the contents of ONE (1) packet. **Stir** for 2-3 minutes until dissolved and drink the entire contents. Stirring a full 2-3 minutes allows the prep solution to become activated. **Follow** with FIVE (5) 8-ounce drinks of clear liquids taken at your own pace, within the next 5 hours.
- Step 2
 - **The morning of your procedure (5 hours prior to your procedure)**, prepare your solution. Fill the container to the lower fill line (5 ounces) with cold water. **Pour** in the contents of ONE (1) packet. **Stir** for 2-3 minutes until dissolved and drink the entire contents. Stirring a full 2-3 minutes allows the prep solution to become activated. **Follow** with THREE (3) 8-ounce drinks of clear liquids taken at your own pace, within the next 2 hours. Start time: _____, End time: _____.
- Step 3
 - If you take heart, blood pressure, seizure medication or medication for the acid in your stomach please take at least 3 hours prior to your arrival time. Use your inhalers as usual and bring with you. All other medications should be held until after the procedure.