

## LOW VOLUME PREP INSTRUCTIONS

**YOUR PROCEDURE HAS BEEN SCHEDULED:** \_\_\_\_\_ at \_\_\_\_\_ A.M. / P.M.

- Please purchase the liquid colon prep laxative we prescribed or recommended for you at least 2 days prior to your procedure.
- The Rx has been electronically faxed to pharmacy. Please call your pharmacy to make sure it is there. If the pharmacy does not have the prep, please call our office at (509) 755-5220.
- If you take blood thinners, consult your prescribing physician.

### 2 DAYS PRIOR TO PROCEDURE:

- No fruits, vegetables, whole wheat, high fiber, nuts or popcorn.
- No Metamucil, Fibercon, bran or bulking agents.
- **Food suggestions:** Hamburger, chicken, fish, eggs, pasta, white rice, cheese, tuna, mashed potatoes, gravies, soup, smoothies, white bread (these are just some ideas).
- Continue taking regular medication including aspirin. Please stop iron medication.
- **If you have any questions, please call our office at (509) 755-5220.**

**24 HOURS PRIOR TO PROCEDURE: DATE** \_\_\_\_\_ **at** \_\_\_\_\_ **A.M. / P.M.**

1. You may have a low fiber breakfast, such as eggs and white toast with butter, and coffee (no creamer).
  2. Clear liquid lunch.
  3. Clear liquid dinner.
- **Clear liquid suggestions:** Water, apple juice, white grape juice, chicken broth, black coffee, tea, yellow jello, lemonade, Gatorade or other sports drinks.
  - **No dairy products and nothing with red or blue dye.**
  - Diabetic patients:
    - » NO METFORMIN, GLIPIZIDE, GLUCOPHAGE WHILE FASTING!
    - » For insulin-dependent diabetics, the instructions are as follows: \_\_\_\_\_
    - » Continue to monitor your glucose levels as usual.
  - **FIRST DOSE OF COLON PREP STARTS AT 6 P.M. THE NIGHT BEFORE YOUR PROCEDURE.**
    - » Mix the colon prep following the instructions (usually found on bottle). Drink ALL the liquid in the container (16 ounces). Then you must drink two more 16 ounce containers of water over the next hour.
    - » If severe nausea or vomiting begins, stop for 45 minutes and begin again.
    - » After about 30-60 minutes, you should start to have liquid (diarrhea) bowel movements.
  - **SECOND DOSE OF COLON PREP STARTS** \_\_\_\_\_ **at** \_\_\_\_\_ **A.M. / P.M. (5 HOURS PRIOR TO PROCEDURE)**
    - » Mix the colon prep following the instructions (usually found on bottle). Drink ALL the liquid in the container (16 ounces). Then you must drink two more 16 ounce containers of water over the next hour.
    - » Continue to drink as much clear liquid as you can to stay hydrated until 2 hours prior to check-in.

### PROCEDURE DAY:

- **Confirm your ride home. No taxi or bus will be allowed to take you home!**
- **Nothing by mouth for 2 hours prior to check-in.** Continue your regularly scheduled medication with a small amount of water.
- Bring a list of your current medication(s).
- Please wear comfortable clothing and leave valuables at home.
- Bring your insurance card with you.
- Plan on being here 2-3 hours.
- We prefer your ride to stay for the duration of your procedure.

**If you have any questions, please call our office at (509) 755-5220.**