

STANDARD 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 8 ounces of the colon prep every 10-15 minutes until half of it is finished. It is best to drink it rapidly, not in small sips.
 - » 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)**
 - » Drink 8 ounces of the remaining solution every 10-15 minutes until it is gone.
 - » 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.