

COLONOSCOPY PREPARATION

PLEASE READ ALL OF THE INSTRUCTIONS AT LEAST 7 DAYS PRIOR TO THE PROCEDURE

(Gallon Jug Polyethylene glycol preparation (PEG) (Nulytely, Golytely), or smaller SuPrep, or MoviPrep)

Thank you for choosing the Saint Joseph's Medical Center Endoscopy for your health care needs. This information is to help answer some of the questions you may have about your procedure and to give you instructions to follow to prepare for the procedure. If you have any other questions, please ask your doctor or nurse.

Your doctor has referred you to Saint Joseph's Medical Center Endoscopy for a colonoscopy. A colonoscopy is a procedure that examines the large intestine (or colon).

If you are taking these medications, please stop taking them one week (seven days) before your procedure:

- Blood thinners like Coumadin and Plavix (check with the doctor who ordered these medications before stopping them)
- Arthritis medicines
- Aspirin and aspirin products
- Ibuprofen (such as Advil and Aleve)
- Vitamins with iron or iron supplements.
- Fish oil supplements.

Continue to take all other medicines as prescribed. You may take your blood pressure, heart, seizure, and Parkinson's medicine the day of your test with just enough water to swallow.

If you are diabetic, do not take diabetic tablets or insulin the morning of the test.

Bring your diabetic medications, syringes and glucometer with you when you come to the hospital for your procedure.

If you use inhalers, please bring them with you to the hospital.

Cleaning your colon:

- Allows the physician good visibility during the test
- The PEG Preparation, SuPrep or MoviPrep are laxatives designed to clean your colon.
- A word of caution: You should stay close to a bathroom as soon as you begin taking them, because they work quickly.
- Be sure to get your colonoscopy preparation from the pharmacy at least two days before your procedure to allow enough time for cleansing.
 - If you do not have a written prescription, please call us at 914-378-8585 with the name and phone number of your pharmacy, and we will call in the prescription for you.

Day before your procedure instructions:

Eat/drink clear liquids only-Only liquids you can read a newspaper through. NO RED-colored drinks. NO PURPLE-colored drinks. You should be able to read a newspaper through whatever you are drinking the day before your procedure. Consider getting Ensure Clear Apple or Boost Breeze Peach as meal substitutes for the day before.

A. Colonoscopy procedures beginning at or before 10 AM:

- At 7 PM the night before the colonoscopy, take all of the Gallon Jug PEG preparation. Remember: Take 1-cup (8-oz.) portions every 10 minutes until **ALL** of the preparation is completed.
- If you are prescribed MoviPrep or SuPrep then begin taking the first ½ of the preparation, as described in the package insert at 7 PM the night before. Then, wait 4 hours and take the second half of the Suprep or Moviprep, as directed on the packaging.
- **After completing the colonoscopy preparations, you may only have water to hydrate yourself, or to take with medications.**
- **Beginning 3 hours before your colonoscopy: Do not eat or drink anything except for taking your medications with sips of water if needed.**

B. Procedures beginning after 10 AM and at or before 1 PM:

- At 7 PM, take ½ of the Gallon Jug PEG preparation in 1-cup portions taken every 10 minutes until ½ of the preparation is complete (64 ounces or a ½ gallon).
- At 7 PM, if you have MoviPrep or Suprep, take the first ½ of the preparation as directed on the product packaging.
- At 5 AM on the day of your procedure, finish the remaining ½ of the PEG preparation (again, 1-cup portions taken every 10 minutes until it is finished).
- At 5 AM on the day of your procedure, if you have MoviPrep or Suprep, the finish the remaining second ½ of the preparation as directed on the product packaging.
- **After completing the colonoscopy preparations, you may only have water to hydrate yourself, or to take with medications.**
- **Beginning 3 hours before your colonoscopy: Do not eat or drink anything except for taking your medications with sips of water if needed.**

C. Procedures beginning at or after 1 PM:

- At 4:30 AM on the day of your procedure, take all of the Gallon Jug PEG preparation (1-cup portions taken every 10 minutes until all of the preparation is finished).
- At 4:30 AM on the day of your procedure, if you have Super or MoviPrep, take the first ½ of the preparation as directed on the packaging.
Then, wait 4 hours and take the second ½ of the Suprep or Moviprep, as directed on the packaging.
- **After completing the colonoscopy preparations, you may only have water to hydrate yourself, or to take with medications.**
- **Beginning 3 hours before your colonoscopy: Do not eat or drink anything except for taking your medications with sips of water if needed.**

If you have any questions about how to prepare for your procedure, please call 914-378-8585.

Your procedure is on _____ AT

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