

Division of Gastroenterology, Hepatology and Nutrition

Your colonoscopy prep guide.

Everything you need to do before your procedure.



Your colonoscopy is scheduled for _____ , _____ ,
Date Time

Location

BE PREPARED

DAY-BY-DAY STEPS

COLON PREP KIT INSTRUCTIONS

THE DAY OF YOUR COLONOSCOPY

Read this guide.

Before your procedure, take a look through these steps and follow each one closely. If you miss something, your colonoscopy could be rescheduled.

Questions along the way? Call 412-359-8900.

Here's what to expect.

A colonoscopy gives your physician a chance to examine your large intestine — a key organ in healthy digestion — and catch anything out of the ordinary that could lead to a health issue.

If this is your first one, know that it's a simple procedure that could be lifesaving. If you've had one before, great job keeping up with recommended health screenings.

Not feeling well? If you have cold symptoms or any other health issues in the weeks leading up to your colonoscopy, call us right away.

Tip: Give your health insurance company a call to double check your colonoscopy coverage and make sure your facility and doctor are in-network.

14 days out

Pick up your prescribed colon prep kit.

You'll complete this kit the day before your colonoscopy to make sure your colon is empty and clean. This prescription was sent to your pharmacy. Pick it up as soon as possible. If your pharmacy didn't receive a prescription, call us at 412-359-8900.

Find a designated driver.

You'll need a family member or friend to come with you to your colonoscopy, remain at the office during your procedure, and drive you home. You can't take any public transportation unless an adult is with you.

Are you on blood thinners?

Call the doctor who prescribed the medication to get instructions on what to do prior to your colonoscopy. **Don't stop taking your blood thinners without talking to your doctor.** You can continue taking aspirin regularly.

Do you have diabetes?

Because of the diet restrictions leading up to your colonoscopy, call the doctor who monitors your diabetes to discuss your insulin dosage.

7 days out

- Stop taking fish oil, iron, and fiber supplements, or any antidiarrheal medications, like Imodium or Pepto Bismol.**

You'll be starting your prescription colon prep kit soon which will flush out your colon. These supplements or medications could slow that process.

- Did you pick up your prescribed colon prep kit?
If not, take care of that today.**



4
3
2

3 days out



Start a low fiber diet.

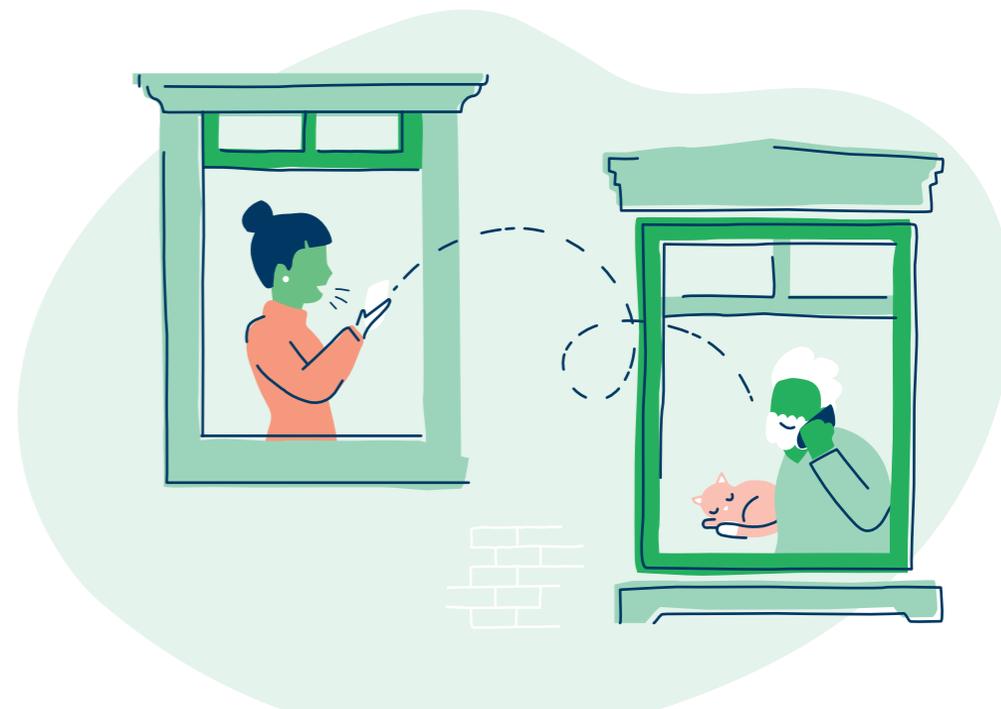
Avoid eating foods like:

Nuts or seeds • Popcorn, wheat germ, granola, or cereal • Fruits • Bread with seeds or visible grains • Corn, beans, peas, raw salad, celery, broccoli, or tomatoes



Confirm your designated driver.

Remember, that family member or friend will need to stay with you during the procedure.



1 day out

- Begin a 24-hour, clear liquid diet — drinking at least 8 glasses of water or clear liquids.**

Avoid solid foods the entire day before your colonoscopy.

The only things that are okay to have are:

Water • Broth • Apple or white grape juice • Coffee or tea, without milk or creamer • Gatorade, Kool-Aid, Jell-O, or popsicles, except for the red, purple, or orange colors • Clear carbonated drinks like ginger ale • Saltine crackers

- Don't do any of the following.**

Don't smoke • Don't use any tobacco products • Don't chew gum or take mints • Don't drink alcohol or milk • Don't digest anything that's red, purple, or orange in color

- At 5pm, begin your prescribed colon prep kit.**

Flip the page for your personalized instructions. Use these instead of the ones on the box.

- Get together what you'll need at the office for tomorrow:**

Photo ID • Health insurance card • List of all medications you're taking and their doses • The name and addresses of all doctors you want to receive your colonoscopy results

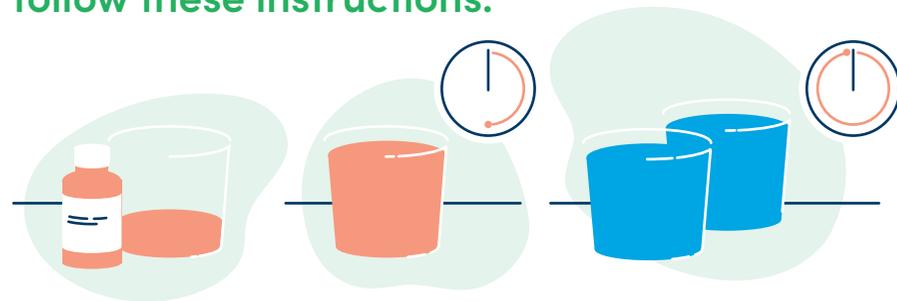
Prescribed Colon Prep Kit

Beginning at 5pm the day before your colonoscopy, follow these instructions for your specific prescribed kit.

Your doctor will prescribe one of two colon prep kits – either liquid SUPREP or powdered PLENVU. Remember, pick this up at least a week out from your colonoscopy.

Ignore any instructions on the packaging.

If you have a **SUPREP** kit, follow these instructions:



Step 1

Pour one SUPREP bottle into the mixing container.

Step 2

Add cold water, mix, and drink all of the liquid within 30 minutes.

Step 3

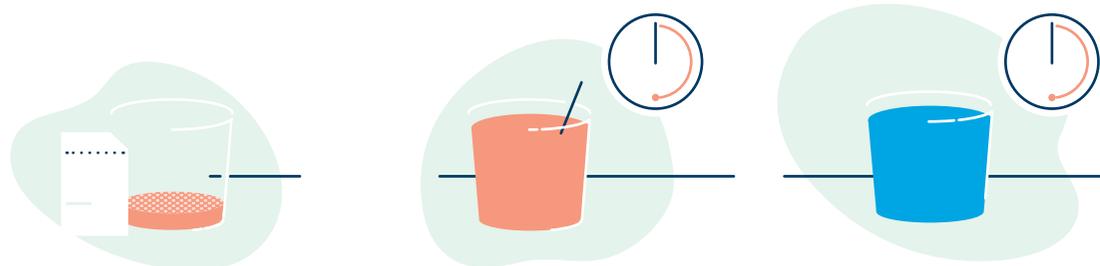
Refill the container with water and drink twice.

You may continue to drink clear liquids until midnight.

5 hours before your procedure, start your second dose by following steps 1-3 again. You must finish your second dose no more than 4 hours prior to your colonoscopy.

Keep in mind: If you're feeling nauseous, wait 30 minutes before drinking more fluid and take small sips.

If you have a **PLENVU** kit, follow these instructions:



Step 1

Add the PLENVU Dose of 1 pouch to the mixing container.

Step 2

Add water and mix until completely dissolved. Drink all liquid within 30 minutes. A straw may help.

Step 3

Refill the container with water and drink once.

You may continue to drink clear liquids until midnight.

5 hours before your procedure, start your second dose (Pouch A and B) by following steps 1-3 again. You must finish your second dose no more than 4 hours prior to your colonoscopy.

As you complete your prep, your stool will become yellow, light, liquid and clear. If your stool is still brown or cloudy, call the office at 412-359-8900.

What to expect the day of your colonoscopy.

You may be asked to arrive 30–60 minutes before your procedure. It's important that you arrive on time.

While the procedure only takes between 30 minutes to an hour — consider sign-in and recovery time — and expect to be at the office for at least three hours.

The morning of:

- Finish the last step of your prescribed colon prep kit.
- Wear comfortable clothing.
- Don't wear any jewelry or make-up.
- Don't eat, drink, smoke, or chew gum.
- Take your scheduled medication with sips of water.

At the office:

- Check in with your insurance card and photo ID.
- A nurse will guide you to the pre-procedure area for an evaluation and to insert an IV line for the anesthesia.
- Your doctor will go over all details of the colonoscopy — walking you through the process and answering your questions.

During the procedure:

- You'll be under anesthesia and comfortable.
- The doctor will complete the colonoscopy — and if necessary — take a biopsy or remove any abnormal tissue growths.

After the procedure:

- You'll be taken to the recovery area and your doctor will discuss your test results. If the doctor did a biopsy, you'll have the results in a few days.
- The office will give you personalized discharge instructions. They'll cover things like what to eat and when to return to regular activities. Follow these steps closely for a smoother recovery.
- You'll be discharged and your family member or friend will take you home.

Relax. Rest up. And feel good about taking care of your health.

Visit us online at
ahn.org/gastroenterology



**Time-sensitive
information enclosed.**