

# GASTROINTESTINAL HEALTHCARE

*Improving Your Health From The Inside Out.*

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## Three-Day Liquid Bowel Prep Pre-Colonoscopy

**Patient Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_ **Arrival Time:** \_\_\_\_\_

If you have a medical condition that requires you to take a preventative antibiotic prior to your procedure, please let us know at least two days prior to your procedure by calling our office at (919) 870-1311.

### Please purchase the following items at your pharmacy:

- One four-ounce (or larger) bottle of Milk of Magnesia
- One eight-ounce bottle of Magnesium Citrate, any color **except** red or purple
- One Fleet enema, if applicable - see instructions for "One Day before your colonoscopy"

### One Week prior to your colonoscopy, stop taking the following medications:

- Ibuprofen, Advil, Motrin, arthritis medication, Aleve, B.C. Powder, Excedrin, all vitamins and supplements, iron, Alka Seltzer, Pepto Bismol or equivalent, and psyllium products such as Metamucil or Citrucel. Tylenol may be used for pain.
  - If you are taking aspirin or any blood thinners such as Coumadin, Lovenox, Plavix, Ticlid, or Aggrenox, please follow the instructions given to you by your prescribing physician:
- 
- Please continue to take all other medications.

### Three Days before your colonoscopy:

**Diet Instructions:** No solid foods all day. Three days before your colonoscopy, you may have full liquids only. Please see the list of approved full liquids at the bottom of this page.

**Special Instructions:** Take two tablespoons of Milk of Magnesia in the morning and in the evening.

### Two Days before your colonoscopy:

**Diet Instructions:** No solid foods all day. Two days before your colonoscopy, you may have full liquids only. Please see the list of approved full liquids at the bottom of this page.

**Special Instructions:** Take two tablespoons of Milk of Magnesia in the morning and in the evening.

### Approved Full Liquids

- |                    |               |                                      |
|--------------------|---------------|--------------------------------------|
| - Water            | - Gelatin     | - Broth or bouillion                 |
| - Coffee           | - Popsicles   | - Strained creamed soups             |
| - Tea              | - Ice Cream   | - Vegetable juices                   |
| - Milk             | - Sherbet     | - Fruit juices                       |
| - Custard          | - Milkshakes  | - Sports drinks (Gatorade, Powerade) |
| - Pudding          | - Eggnog      | - Non-carbonated soft drinks         |
| - Yogurt           | - Cream       | - Whey-based protein shakes          |
| - Butter/Margarine | - Fruit puree |                                      |

## Three-Day Liquid Bowel Prep Pre-Colonoscopy

### One Day before your colonoscopy:

- Take one eight-ounce bottle of Magnesium Citrate (any color except red or purple) in the morning. If stools are not clear, you will need to use a Fleet enema.
- For diabetics who are insulin-dependent: Take half of your usual morning dose of insulin on the day before your procedure. Do not take any insulin on the night before or on the day of the colonoscopy.
- For diabetics who take oral agents: Do not take any oral anti-diabetic medication on the day before your procedure or the day of the procedure.
- Take any heart or blood pressure medications the morning of your procedure with a few sips of water at least two hours before your procedure time.
- If you are on any inhalers bring them with you the day of your procedure.

**Diet Instructions: No solid foods all day.** On the day before your colonoscopy, you may have the following approved liquids only. Avoid anything red or purple in color. No milk products are permitted. It is important to stay well-hydrated by drinking plenty of liquids from this list throughout the day.

### Approved Liquids – One Day before your colonoscopy you may have only the following:

- |                                 |                                |                         |
|---------------------------------|--------------------------------|-------------------------|
| - Water                         | - Tea (iced or hot)            | - Coffee                |
| - Soft drinks (diet or regular) | - Fat free broth or bouillon   | - Fruit-flavored drinks |
| - Gatorade, sports drinks       | - Jello (cannot contain fruit) | - Popsicles             |
| - Apple juice                   | - Orange juice without pulp    |                         |
| - White grape juice             | - White cranberry juice        |                         |

## **IMPORTANT NOTES FOR THE DAY OF YOUR PROCEDURE:**

- **DO NOT DRINK ANY LIQUIDS TWO HOURS PRIOR TO YOUR ARRIVAL TIME;** you will be receiving anesthesia, and having liquids in your stomach puts you at greater risk for aspiration. Your procedure may be delayed if you have consumed liquids too close to your procedure time.
- Please bring your driver license, insurance card and any co-pay/deductibles owed.
- We suggest you wear warm socks and loose comfortable clothing the day of your procedure. Please leave all valuables at home. GIH cannot be responsible for your valuables or personal items.
- Be prepared to stay at our facility for approximately 1 ½ to 2 hours. If you are having a procedure that requires sedation, you must make arrangements to have a responsible adult 18 years or older accompany you to our office and drive you home. This person must remain in our facility until you are discharged. Please do not ask someone to drop you off and return for you at a later time; patients are not permitted to take a cab or bus home. If you do not have a responsible adult with you upon arrival, GastroIntestinal Healthcare reserves the right to delay or reschedule your procedure.
- During the remainder of the day, do not plan on: returning to work or school; driving; signing legal documents or participating in any activity that requires coordination or balance.
- Visitors to the recovery room are limited to one person per patient. Children under the age of twelve are not allowed in the recovery room for any reason.
- So that we may better care for you, please call our office at (919) 870-1311 if you have any cold or upper respiratory symptoms within 3 days of your scheduled procedure.

If you have any questions, please contact our office at (919) 870-1311. We look forward to participating in your health care.