

WHEN YOU SCHEDULE YOUR PROCEDURE, PLEASE PURCHASE:

- The liquid colon prep laxative we prescribed or recommended for you.
- The Rx will be electronically faxed to pharmacy. Please call to make sure it is there.
- **No fiber, or iron medication taken 3 days prior to procedure.**
- If you take blood thinners:
 - » **Plavix** must be stopped 5-7 days before your procedure.
 - » **Coumadin** must be discontinued, consult the provider who monitors your Coumadin or call the Rockwood Anti-Coagulation Management Center at (509) 838-2531, Ext. 2359.
- Remember, you must have a driver 18 years or older accompany you home after your procedure otherwise the procedure will be cancelled.

2 DAYS PRIOR TO PROCEDURE

- No fruits or vegetables.
- No whole wheat or high fiber.
- No 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 on regular medication.
- **If you have any questions, please call our office at (509) 755-5686.**

1 DAY PRIOR TO PROCEDURE

- Begin a clear liquid diet after you eat a low fiber breakfast. May have eggs, white toast with butter, coffee
- (no creamer), clear juice.
- **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 INSULIN OR METFORMIN, GLIPIZIDE, GLUCOPHAGE WHILE FASTING! MONITOR YOUR GLUCOSE LEVELS (adjust as needed).
- **Important** to drink clear liquids all day to prevent hunger and dehydration.
- **Start colon prep at 5 p.m.**
 - » Mix the colon prep following the instructions (usually found on bottle). Drink 8 ounces of the colon prep every 15 min. It is best to drink it rapidly, not in small sips.
 - » If severe nausea or vomiting begins, stop for 45 minutes and begin again.
 - » You will need to drink 3/4 of the colon prep or about 3 quarts, reserve the last quart to drink for the following morning.
 - » Continue to drink as much clear liquid as you can to stay hydrated.
 - » After about 30-60 minutes, you should start to have liquid (diarrhea) bowel movements.
- **Take the 2 Dulcolax tablets at 6 p.m.!**

PROCEDURE DAY—CONFIRM YOUR RIDE HOME

- Bring a list of your current medication(s).
- Don't forget to bring your consent form (unsigned).
- **No diabetic medication the day of your procedure.**
- **3 hours prior to your check in, drink the final one quart of colon prep, 8 ounces every 15 minutes.**
- **Colon prep can cause dehydration,** so continue on clear liquids until 2 hours prior to your check-in.
- Bring your insurance card with you.
- Plan on being here 2-3 hours.
- **No taxi or bus will be allowed to take you home!**