

Preparing for your colonoscopy

This guide will help you and your family prepare for your colonoscopy. If you have any questions, please call **503-494-4373**. For questions after 5 p.m., call 503-494-8311 and ask for the GI doctor on call.

Once you are scheduled



- Watch the bowel prep video at www.ohsu.edu/colonprep.
- Ask a friend or family member to come with you to your procedure. You should have 1 healthy adult (age 18+) to take you home.
- Buy the bowel prep medication** from your pharmacy. We will send a prescription to them 1-2 weeks before your procedure. They will contact you if they need more information.

7 days before your procedure



- STOP** taking **iron** and **fiber** supplements.
- STOP eating these foods:**
 - Nuts*
 - Corn
 - Quinoa
 - Popcorn
 - Berries
 - Cucumbers
 - Tomatoes
 - Other fruits and veggies with seeds

** Smooth nut butters and seeds ground into flour are OK*

- Review the **medication instructions** on page 2.

Medication instructions



- Please follow the instructions below. If you need more instructions on any of your medications, please contact the doctor who prescribed them.

If you take ...	Do this ...
Suboxone	Call us at 503-494-4373.
Diabetes medicine by mouth (Metformin, Glipizide)	Do NOT take the night before or the morning of your procedure.
Insulin	Take ½ your dose the night before and NO insulin the day of your procedure. Or, follow the instructions from the OHSU Preoperative Medicine Clinic. Your blood sugar could be lower because you won't be eating solid food.
Victoza or Trulicity	Do NOT take the day before or the day of your procedure.
Diarrhea medicine (Imodium, Lomotil, etc.)	STOP taking 3 days before.
Blood thinners*	Talk to the doctor who prescribed your medication to talk about the guidelines below.
* Coumadin or Warfarin pills	STOP taking 5 days before your procedure if OK with your prescribing doctor. Call us if you CANNOT stop.
* Levenox or Enoxaparin injections	STOP taking 24 hours before your procedure if OK with your prescribing doctor. Call us if you CANNOT stop.
* Novel anticoagulant pills (Paradaxa, Dabigatran, Eliquis, Apixaban, Xarelto, Riveroxaban, Edoxaban, Savaysa)	STOP taking 1 day before your procedure if OK with your prescribing doctor. Call us if you CANNOT stop.
* Anti-platelets (Plavix, Clopidogrel, Prasugrel, Effient)	STOP taking 7 days before your procedure if OK with your prescribing doctor. Call us if you CANNOT stop.

- ☑ Keep taking all of your other prescribed medicines, including aspirin, pain medications, blood pressure medications like Lisinopril, water pills (diuretics like Lasix), Non-steroidal anti-inflammatory drugs (like Advil, Motrin, Aleve).



1 day before your procedure



- **Only drink clear liquids** (liquids you can see through when you hold it up to the light) **all day. Do NOT eat any solid food.** Follow this schedule no matter what time of day your procedure is.
 - ☑ **DO:**
 - Drink 2 times as much liquid as you normally do. Drink this in addition to your bowel prep liquid.
 - Drink clear (**not red or purple**) liquids like:
 - ☑ Clear broth (chicken, beef or vegetable)
 - ☑ Coffee or tea (no milk, but sugar is OK)
 - ☑ Carbonated soft drinks
 - ☑ Clear juice like apple and white grape (no pulp)
 - ☑ Clear sports drinks like Gatorade and Powerade (no red or purple)
 - ☑ Popsicles and Jell-O (no red or purple)
 - ⊖ **DON'T:**
 - ⊖ Drink liquids that are purple or red.
 - ⊖ Drink milk, orange juice, tomato juice, broth that has solids, or solid food.
- **Prep your bowels**
 1. **At 4 p.m., start drinking the bowel prep liquid** at the rate of 1 cup every 10-15 minutes until half of the prep liquid is gone (you will drink the rest tomorrow). This should take 1-2 hours.
 2. Your stomach may feel full. If you get cramps, slow down to 1 cup every 20 minutes. If you have pain, bloating or vomiting, stop drinking the bowel prep liquid and call us at **503-494-4373**.
 3. The bowel prep will cause you to have many bowel movements (BM) of loose stool (poop) until your stool is almost clear or light green. Most people have a BM after 1-2 hours. If you have not had a BM after 2 hours, keep drinking clear liquids until you have a BM.

The day of your procedure



- **4 hours before leaving your house, begin drinking the rest of the bowel prep liquid** at the rate of 1 cup every 10-15 minutes until it is gone (1-2 hours). **DON'T SKIP THIS STEP even if your BMs were clear yesterday.**
 - If your procedure is early in the morning, be sure to set an alarm for 4 hours before you leave your house so that you can complete this step.

- **2 hours before your arrival time, stop drinking anything.**
 - You can have clear liquids up until 2 hours before your arrival time.
 - You may take your medicine with a sip of water.

Bowel prep tips



- How to make the prep solution taste better:
 - Add Crystal Light powder (no purple or red) to it.
 - Suck on a popsicle (no purple or red) to numb your tongue before drinking.
 - Chill the prep liquid and use a straw.
 - Rinse your mouth with water or mouthwash.

- How to avoid a sore bottom:
 - Try not to rub when you clean the area. Instead, gently pat with a wet washcloth or disposable wet wipe.
 - Put plenty of Vaseline or A&D ointment on the area.
 - You may use a medicated wipe such as Tucks.
 - Take warm baths or sitz baths.

- Once you finish drinking all of the prep liquid, your BMs should be clear enough that you can see the bottom of the toilet. It is OK to still have some small flecks or a yellow color. If you still have brown stool, drink more water.