



# Digestive Care Center

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<b>Extended 4 Day Colonoscopy Prep</b>
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Patient Name: \_\_\_\_\_ Date of Colonoscopy: \_\_\_\_\_

Arrival Time: \_\_\_\_\_ which is \_\_\_\_\_ before your procedure.

Place:	Gastrointestinal Endoscopy Center	Deaconess	Gateway	St. Mary's Hospital
	Suite 110 West (FIRST FLOOR)	Main Lobby	Main Lobby	Main Lobby
	801 St. Mary's Dr., Evansville	Patient Registration	Patient Registration	Patient Registration
	(812)477-6103	(812)450-3095	(812)842-2000	(812)485-4806

***\*Because of the medications you will receive, you must have someone drive you home after the procedure.***

**Preparing for your Colonoscopy:**

1. Do not take these medications seven days before your procedure.
  - a. Aspirin, aspirin containing drugs, also Plavix. **You may take Tylenol and Celebrex.**
  - b. Iron medications/supplements such as *Fermalox, Niferex, Ferrous, Sulfate* or vitamins containing iron.
  - c. Non-Steroidal anti-inflammatory (arthritic) medications (ex. Advil, Nuprin, Motrin, Aleve, Ibuprofen, etc.)
  - d. Any fiber supplements such as *Metamucil, Citrucel, or Konsyl.*
2. Please notify us if you are an insulin dependant diabetic or are taking any blood thinners (example: Coumadin). **You must stop taking Coumadin 5 days prior to your procedure.** Please check with your primary care physician before stopping medications.
3. You will need to purchase at your local pharmacy:
  - a. Dulcolax tablets – Four (4) (over-the-counter)
  - b. Magnesium Citrate – 10 ounces (over-the-counter)
  - c. Milk of Magnesia – Four tablespoons (over-the-counter)
  - d. Golytely (Nulytely) – 1 bottle (prescription attached)

**Day One: Date:** \_\_\_\_\_

1. Begin enclosed diet for Day 1 and 2.
2. Take four tablespoons of Milk of Magnesia at noon.

**Day Two: Date:** \_\_\_\_\_

1. Continue diet for Day 1 and 2.
2. Take 10 ounces of Magnesium Citrate at 4:00 p.m.
3. Take four Dulcolax tablets at 9:00 p.m.

**Day Three: Day Before Your Procedure**

1. Begin clear liquid diet.
2. Add water to the line the Golytely container, shake vigorously and refrigerate until ready to use if you prefer a cold drink.
3. 6:00 p.m. Start the colon prep. Drink one 8 oz. glass of the solution rapidly every 10 minutes until the entire amount is consumed. Rapid drinking of each glassful is preferred, rather than drinking small amounts continuously. Do not add any ingredient to the colon prep.  
 \*The first bowel movement should occur approximately one hour after the start of the prep. Take no other liquid or food during the prep. Three hours are acceptable to drink the prep – add another hour to complete bowel evacuation.

**The Day of the Procedure:**

1. You may have clear liquids (black coffee, tea or water) until 4 hours before your procedure.
2. You should take any heart, blood pressure, or seizure medications that you normally take in the morning.

**\*\* Please note: Some insurances do require outpatient precertification. It is your responsibility to notify us if precert is required for you procedure.**

## Recommended Diets

The week before your colonoscopy you must not eat certain foods that contain seeds such as strawberries, tomatoes, popcorn, breads with sesame seeds, rice, caraway seeds (as in rye bread), chili or kidney beans, corn or red Jell-O. Also, no fruit or vegetable skins or seeds, peas, grapefruit, oranges, pineapple, or lettuce. Also, refrain from Olean products. **Please note: You may have any foods not listed above including fruits and vegetables that are peeled and the seeds removed.**

### Food Recommended for Days One (1) and Two (2)

Strained fruit juices: orange apple, grapefruit, pineapple and grape  
Cereal: cream of wheat, farina or Rice Krispies  
Eggs: any style  
Cottage Cheese (dry not creamed)  
Meat: canned baby meats, baked skinless fish, finely chopped canned tuna  
Macaroni, spaghetti:  
Noodles or rice: (clear broth or buttered, if desired)  
Sweets or sugar: plain gelatin (Jello) desserts (without added fruit or vegetables), moderate amount of sugar or strained honey, marshmallows or vanilla wafers or sugar wafers (no red gelatin)  
Seasonings: moderate amounts  
Beverages: clear broth or bouillon, tea, weak coffee or Sanka, cola drinks, Gatorade, Kool-Aid or other drink mixes (non with red dye). Several tablespoons of cream may be used with cereals if desired.

You may use Ensure Liquid Nutrition as a substitute for low residue or clear liquid diet by using ONE CAN PER MEAL or four cans per day.

NO BREAD, FRUIT, VEGETABLE OR MILK

### Clear Liquid Diet:

This diet has little food value, is nutritionally inadequate, and should be used for a limited time only.

Soups: fat free broth or bouillon  
Beverages: gingerale, hot tea, coffee, postum without milk or cream, kool-aid, carbonated beverages, clear fruit juices, Hi-C. Please avoid milk, orange and tomato juices and anything that contains a red dye.  
Desserts: plain gelatin desserts