



# Carolina Digestive Diseases & ENDOSCOPY CENTER

Phillip J. Goldstein MD • Lindsay Roebuck FNP-C

Tel: 252-758-8181 • Fax 252-758-8182  
www.cddgastro.com

## 2 Day Prep for Colonoscopy

**\*\*\*\*Please stop all NSAID products 5 days prior to procedure\*\*\*\***

Please notify our office immediately if you take any blood thinners, such as Coumadin, Plavix, aspirin or arthritis meds

### **Absolutely NO SOLID FOODS starting 2 days prior to your procedure!**

**DAY ONE** (2 days prior to your procedure): \_\_\_\_\_

⇒ Purchase **two 10-ounce bottles of lemon-lime Magnesium Citrate** and **6 bisacodyl pills (laxative)**

Both are available without a prescription

⇒ **At noon**, take all 6 of the bisacodyl tablets and drink **ONE** bottle of the Magnesium Citrate.

You will also need to start clear liquids only at this time: **(Nothing red or orange in color!)**

- Water*    *Tea*    *Soft drinks*    *Broth/Bouillon*    *Ice pops*    *Jell-O (no fruit)*
- Clear Juices*    *Gatorade*    *Coffee (no creamer, liquid or powder)*

⇒ Continue clear liquids throughout that afternoon and evening, and **at 6 P.M.**, drink the second bottle of Magnesium Citrate.

⇒ Continue to have clear liquids the remainder of that evening and into the next day

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**DAY TWO** (the day before your procedure): \_\_\_\_\_

You have been given a prescription for Colyte. Fill this at your pharmacy, mix per the instructions and Put in your refrigerator to chill.

⇒ Continue clear liquids

⇒ **At 6 P.M.**, start drinking the **Colyte**. Drink a large, 8-ounce glass every 10-15 minutes until you have completed the entire container of Colyte. Feeling bloated and/or nauseated is common and will subside once you start having bowel movements.

⇒ By 10 P.M., you should have completed the Colyte and your stools should be changing to clear liquid. You may have clear liquids until midnight then nothing by mouth until procedure is completed.

### **ON THE MORNING OF THE EXAM:**

→ On the day of your appointment, please wear 2-piece, comfortable, loose clothing and refrain from wearing jewelry, nail polish, and excessive make-up.

→ You may take medicine for blood pressure, heart or seizures with a **SMALL** sip of water (less than 2 ounces), but hold all other meds until after your procedure

→ If you take insulin, you will need to either take ½ your usual dose or hold it the morning of your procedure.

Please consult your primary physician if you have any questions!

**→ You will need someone with you to drive you home!**

Appointment Date: \_\_\_\_\_

Arrive at \_\_\_\_\_

Your procedure is scheduled to begin between \_\_\_\_\_

**\*\*\*A \$150 fee is applied for any cancellations, reschedules or no shows made within 48 business hours of appointment time\*\*\***



## **FAQ Regarding your Colon Prep**

### **What are the side effects of the colonoscopy prep?**

You will have a lot of diarrhea from the bowel prep, so plan to be home, and near a toilet. Keep some magazines or a book on hand in the bathroom. Don't try to leave your house during the prep. Most people have bloating and abdominal discomfort. This is normal! Don't be alarmed if you feel these symptoms. Many people also have nausea. This is also normal! Some people don't like the taste or smell of the medicine. Please don't let this get in the way of taking the prep as directed.

### **My bottom is sore. How can I get some relief?**

You may consider 'pre-treating' your bottom with Preparation H, Desitin, A&D Ointment or Vaseline, to lessen the irritation during the many bathroom trips you will be making. Also gently pat your bottom with soft tissue paper or an unscented baby wipe while cleaning versus wiping the area clean. You may also use a wet washcloth. Apply Preparation H, Desitin, A&D Ointment or Vaseline after each bowel movement for relief.

### **I see yellow color in the toilet bowl and a few flecks...what should I do?**

If you completed your prep solution and your last bowel movements were clear enough to see the bottom of the toilet, you are all set for your procedure. A few flecks of material will not affect your procedure. The yellow color is bile that normally colors feces.

### **I can't drink all the prep mix...I feel like vomiting...what should I do?**

It's important that you continue to drink the mixture if possible. Without a clean bowel, your doctor may not be able to see a clear image of your colon. Failure to consume the entire prep mixture may result in having to repeat the procedure another day. (And repeat the prep) If you are feeling nauseous or you vomit, take a 30-minute break. Try drinking ginger ale or another clear liquid to help settle your stomach. Then begin drinking the solution again. Try drinking 4-6 ounces at a time rather than the recommended 6-8 ounces. Take a slower pace. Continue to drink every 30 minutes instead of every 15 minutes. If you have a serious medical issue, please contact your physician at 252-758-8181, dial 911, or go to your nearest emergency room immediately. If you are unable to finish your prep, please call your physician's office.

### **If my stool is watery and clear, do I still have to drink the entire prep solution?**

It is imperative that you follow all your doctor's instructions and make every effort to complete all of the prep solution. Although uncomfortable, drinking the entire solution will aid in cleaning your colon and purging all waste material for a thorough colonoscopy. Failure to complete the entire prep solution could result in a colon that is not clean enough, which increases the chances that something could be missed during your procedure. In addition, if your colon is not clear enough, you may have to repeat your colonoscopy procedure another day and repeat the preparation process.