

Bowel Preparation Instruction Sheet

Your have been scheduled for: Colonoscopy / EGD / Bowel Surgery

PROCEDURE DAY IS _____

BE AT THE HOSPITAL FOR _____ **A.M. / P.M.**

BOWEL PREP DAY IS _____

NO FOOD ALLOWED THIS DAY. Drink at least 8 ounces of liquids every hour from breakfast until bedtime so you will stay hydrated. You are allowed one cup of coffee on the bowel prep day.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT

In order to safely perform this procedure, it is necessary that your intestines be cleansed of stool. There are two methods that can be used to clean out your colon. Both will involve some sort of laxative and a clear liquid diet.

DIET: NOTHING WITH RED COLORING - JELL-O KOOL-AID GATORADE POWERADE

AVOID EATING CORN 4 DAYS PRIOR TO PROCEDURE (TAKES LONG TO DIGEST)

Clear liquids are listed below (use only those on this list):

Sprite 7-up Kool-Aid Gatorade PowerAde Water Apple juice

Jell-O Lemonade Weak Tea Green tea White grape juice Broth (chicken/beef)

However, you cannot read through orange juice, milk, or solid foods. Start the day before the procedure, stop all fiber medications (examples: Metamucil, Citrucel, Fibercon, etc).

MEDICATIONS:

On the bowel prep day you will take you medication like any other day. Do not take your medication on the day of your procedure bring your morning medication with you.

You should stop taking aspirin or nonsteriodal agents such as Motrin, etc., at least 5 days prior to your colon exam. Any other medications that you are taking should be discussed with your physician.

Diabetic Patients: You will take _____ units of Insulin on the morning of the bowel prep day and then hold insulin until after procedure.

Patients on Plavix: You will stop it on _____/_____/_____. The nurse from hospital will give you instructions on when to resume your Plavix.

METHOD OF CLEANING YOUR INTESTINE

GoLYTELY

Mix Golytely the morning you need to drink and put it in the fridge

At 2:00 p.m. _____ Afternoon start drinking 8 oz. of GoLYTLEY every 10 minutes until the entire solution is gone. You can expect to start having bowel movements after you start the solution. After you finish the GoLYTELY you can have clear liquids the rest of the evening.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT.

Report to emergency room dept for surgery or procedure. Make arrangement to have someone drive you home after the procedure.

If you have any question please give us a call at 318-253-7767.