



Bowel Prep

Procedure Date:	Procedure Time:	Location:
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If you have any problems completing the instructions, call: **Camarillo General Surgery at 805-322-8490**

Please follow all instructions carefully

On the day of your procedure, your colon must be clean on the inside, and you must have a ride home following the procedure. An unclean colon can result in your test being rescheduled, missed lesions, increased procedure time, and potential increase in complication rates. Bring a list of all your current medications with you and let your doctor know if you have diabetes, kidney problems, or might be pregnant.

7 DAYS BEFORE YOUR PROCEDURE

If you are diabetic, you will get special instructions on how to adjust your medication. If you are taking any medication that affects blood clotting, you may have to adjust 7 to 3 days before the procedure. Be sure to check what medications you should take with your doctor. Examples of prescription blood thinners include Agrylin, Coumadin (warfarin), Plavix (clopidogrel), Ticlid (ticlopidine), Xarelto (rivaroxaban), Pradaxa (dabigatran), Effient (prasugrel), Lovenox (enoxaparian), and over-the-counter medications including aspirin and NSAIDS (Advil/ibuprofen, Motrin, Aleve, and Ecotrin).

2 DAYS BEFORE YOUR COLONOSCOPY

Drink 8 glasses of water or other liquids during the day to avoid dehydration.

THE DAY BEFORE YOUR COLONOSCOPY

- STOP eating all solid foods.
- START your clear liquid diet. (NO red, blue, or purple flavors)
- START THE PREP that your doctor has spoken to you about and follow instructions carefully. Your doctor may add other oral laxatives to be used with your prep.

3 DAYS BEFORE YOUR COLONOSCOPY

- STOP eating any nuts, seeds, corn, or popcorn.
- Purchase a variety of clear liquids. (No red, blue, or purple flavors). Clear liquids mean that you can see through them.
 - Gatorade, Pedialyte, or Powerade.
 - Clear broth or bouillon.
 - Coffee or tea (no milk or creamer).
 - Carbonated and non-carbonated soft drinks, Kool-Aid, or other fruit- flavored drinks.
 - Strained fruit juices (no pulp) like apple or white grape.
 - Jell-O, popsicles, or hard candies.

THE DAY OF YOUR COLONOSCOPY

- Unless your doctor tells you otherwise, you will usually take your morning medication with a sip of water before your procedure. Diabetic patients will need to adjust their medications as directed.
- You will receive sedation and will need someone to drive you home.



DIRECTIONS FOR TAKING YOUR BOWL PREP

24 HOURS BEFORE YOUR SURGERY:

Drink one 8-ounce glass of PEG solution. Drink an 8-ounce glass of solution every 10-15 minutes until the bottle is empty (4 liters) and stool is watery, clear, and free of solid matter.

PEG solutions are salty; adding Crystal Light or Kool-Aid may help the taste. (No red, blue, or purple flavors).

DURING THE PREP: IT IS IMPOTANT THAT YOU REPLACE FLUIDS AND PREVENT DEHYDRATION BY DRINKING LARGE AMOUNTS OF CLEAR LIQUIDS.

Helpful Tips:

1. Stay near a toilet; you will have diarrhea. Ideally, your bowl movements will become either yellow or clear liquid after a complete prep.
2. Side effects of some prep include nausea, abdominal pain, bloating, vomiting, thirst, dizziness, and dehydration. If you feel nauseous or vomit, take a 30-minute break, rinse your mouth, and then continue drinking your prep. If you throw up your bowel prep, just try your best to drink as much as you can tolerate and report for endoscopy as scheduled. Be sure to alert your doctor that you could not tolerate your entire bowel prep.
3. Feeling some abdominal cramping is normal.
4. Petroleum jelly (Vaseline) around the anus, using unscented baby wipes, perineal bottle to irrigate may decrease skin irritation.