

# Colonoscopy

Gallon Colon Same-Day Instructions



Procedure date: \_\_\_\_\_ Check-in time: \_\_\_\_\_ GI physician: \_\_\_\_\_

## Special instructions:

*To ensure a successful exam, please follow all instructions on this sheet carefully. Failure to do so could result in your procedure being postponed or canceled.*

*If you are or may be pregnant, please discuss the risks and benefits of this procedure with your physician.*

## Diabetic patients:

### Day prior to procedure:

- Consume your calorie allowance in clear liquids.
- If you take insulin (pills or injection) take ½ dose the night before your procedure

### Day of procedure:

- Do not take any diabetic medication the morning of our procedure.
- Bring your medication with you to procedure.
- You may take your medication following your procedure, after you have eaten.

### Transportation:

- Please make arrangements to have someone drive you to and from the designated location for your procedure.
- **You will not be allowed to use any form of public transportation following your procedure, which includes:** Taxi, Bus, Ride-share service, Uber, Lyft and the like.
- You will be under sedation during your procedure and will be unable to work, drive or operate heavy machinery the day of your procedure.

### Cancellation:

**A \$100 charge will be assessed to your account if cancellation is not received 48 hours prior to day of procedure.**

## Pick up your prescription:

For your colon cleanse, along with a package of Bisacodyl (Dulcolax) tablets from your pharmacy. Your prescription will be sent electronically to your pharmacy.

### 3 days prior to procedure:

- **DO NOT** use IRON, ARTHRITIS MEDICINE OR BLOOD THINNERS.
- It is **OK** to take Tylenol Products.
- Make transportation arrangements for the day of your procedure. **SEE SPECIAL INSTRUCTIONS.**
- Tylenol products are okay to take as directed.

### Day prior to procedure:

- In the morning, prepare your one gallon solution according to the instructions on the package and refrigerate.
- Begin a clear liquid diet, **NO SOLID FOODS FROM THE TIME YOU GET UP.**
- You may consume any amount of the allowed clear liquids outlined below. The more you drink the better you will feel and the better your prep will work. Drink at least 8 glasses of water throughout the day, in addition to liquid diet, to avoid dehydration.

### Clear liquids:

- Gatorade, Pedialyte or Powerade (No red/purple)
- Premier or Ensure Active Clear (No fruit/berry flavors)
- Clear Broth or Bouillon
- Coffee or Tea (No Milk or Non-Dairy Creamer)
- Carbonated and Non-Carbonated Soft Drinks
- Kool-Aid or Other Fruit-Flavored Drinks
- Strained Fruit Juices (No pulp)
- Jell-O, Popsicles, Hard Candy

### Not clear liquids:

- **No red or purple items of any kind**
- **No alcohol**
- **No milk or non dairy creamers**
- **No noodles or vegetables in soup**
- **No "Big Red" or Grape sodas**
- **No juice with pulp**
- **No liquid you cannot see through**

\_\_\_\_\_ a.m./p.m.

- Take two (2) Bisacodyl tablets that you purchased from the pharmacy.

\_\_\_\_\_ a.m./p.m.

- Begin drinking the one-gallon solution as directed – 8oz every 15-20 minutes until the bottle is empty. You will have consumed several glassfuls before having the first loose bowel movement. Please drink the entire gallon to insure a clean prep.
- If you become nauseated, slow drinking time to every 20-25 minutes.
- **Do not eat or drink anything by mouth after midnight.**

### Day of procedure:

- Consume all prep solution and subsequent water at least **4 hours** prior to procedure.
- If you are a diabetic **SEE SPECIAL INSTRUCTIONS.**
- You may take your usual morning medications with a small sip of water up to **3 hours** prior to your procedure.



Your procedure will be conducted at the facility indicated below:

8155 E. 1st Ave  
Denver, CO 80230