

Dr. Arnold L Weg

Dr. Russell A Weg



COLONOSCOPY EXTENDED PREP INSTRUCTIONS

Thank you for choosing Weg Medicine for your colonoscopy procedure. In an effort to provide you with the best possible exam, we will need your assistance with the following instructions

If you believe you may be pregnant or need to cancel your appointment for any reason, please contact our office at least 48 hours prior to your scheduled appointment.

REGARDING YOUR MEDICAL HISTORY AND MEDICATIONS:

- If you take any medication for the purpose of being anticoagulated, keeping your blood thin or preventing blood clots (example: warfarin, Plavix, Coumadin), you must speak with our office at least two weeks BEFORE your procedure, in order to receive careful instructions on how to manage your medications. Aspirin does not need to be held.
- If you take any insulin OR any diabetic medications and have not received a call from our office before your procedure, please contact our office as soon as possible.

IF YOU ARE UNSURE ABOUT A PARTICULAR MEDICATION, PLEASE CONTACT OUR OFFICE AT LEAST 10 DAYS IN ADVANCE TO SPEAK WITH OUR OFFICE.

If you need an office appointment, or if you need to review your instructions, please contact our office as soon as possible.

THE BOWEL PREPARATION:

FOUR DAYS BEFORE YOUR PROCEDURE:

- Stop eating raw vegetables, seeds/nuts and fruit skins. All other food is okay to eat until two days before your procedure.

• **Purchase the preparation/cleanout items:**

- **Pharmacy:** Prescription for **GOLYTELY**,
- **2 Dulcolax** (bisacodyl) tablets
- a bottle of **Magnesium Citrate**
- two **Fleet's enemas** (non-prescription)

TWO DAYS BEFORE COLONOSCOPY:

Follow a clear liquid diet for two days prior to your procedure

YOU MAY HAVE (examples): **Do NOT have** (examples):

Clear soda (ginger ale, Sprite) Red or purple Jell-O
Clear juice (apple, white cranberry) Beef broth
Gatorade/Powerade (clear or yellow) Alcohol
Chicken broth (nothing in it) Milk or milk products
Black Coffee/Tea (no cream) Yogurt or pudding
Jell-O (yellow, orange, green) Fudgsicles
Popsicles (not red or purple) Cream soups

5 pm: drink one bottle of **Magnesium Citrate** (follow the instructions on the bottle) followed by five 8 oz. glasses of a clear, caffeine-free beverage.

THE DAY BEFORE THE COLONOSCOPY:

REMAIN ON THE CLEAR LIQUID DIET AND FOLLOW THE GOLYTELY PREP

- **STEP 1: At noon**, take the **2 Dulcolax** tablets. Mix the golytely solution per package directions. Place in refrigerator.
- **STEP 2: At 6:00 PM** – Begin drinking the GOLYTELY solution, 1 glass (8 ounces) every 15 minutes until you have drank **half of the bottle**. Do not drink the entire bottle at this time. After this, you can continue drinking a clear liquid diet, but no solid food is allowed

THE DAY OF YOUR COLONOSCOPY:

- **STEP 1: Starting 6 HOURS before you are scheduled to arrive for your procedure:**
Begin to drink the second half of the bottle of GOLYTELY solution **This may mean waking up very early to start drinking the prep**. You should complete the entire bottle by 4 hours prior to your procedure arrival time. Drink at a rate of one glass (8 oz.) every 10-15 minutes until all is gone.
- **STEP 2: Two hours prior to your colonoscopy appointment**, give yourself two Fleet's enemas, 20 minutes apart, holding each enema for about 15 minutes.

- **DO NOT EAT OR DRINK ANYTHING AFTER YOU FINISH DRINKING THE PREP**

GENERAL INFORMATION:

- **Please arrive on time.** Allow extra time in your trip for weather, traffic and parking..
- **MEDICATIONS:** Unless otherwise instructed, continue to take all of your usual medications on your regular schedule. If you have an early morning procedure, please bring your medications with you to take after the procedure.
- Please bring a list of all the medications you take (including dosages and how often each medication is taken) with you to your appointment. Also list any herbal or vitamin supplements you take.
- **Personal belongings:** On the day of your sedated procedure, we strongly recommend that you leave valuables (money/jewelry) at home or give them to a family member or friend for safekeeping.
- While a colonoscopy is generally a safe procedure, there is a small chance of developing complications that may not be identified for up to a week or more after your procedure. We suggest that you do not plan this procedure within a couple of weeks prior to traveling, or an important social event.

AFTER YOUR PROCEDURE:

- **REMEMBER:** You may not drive, work, or engage in important decisions (e.g. financial issues) for the rest of the day after your procedure.
- A **responsible person must pick you up** after your procedure to accompany you home and stay with you for the remainder of the day, as you will have been sedated and will not be allowed to drive home.

If you have questions about these instructions, you may call our office Monday through Friday and we will be glad to answer them for you.

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