Please Note: Your arrival time is earlier than your procedure time. This allows time for our staff to prepare you for your procedure. You MUST have a DRIVER to take you home and the driver must remain at The Endoscopy Center for the duration of your stay. IF YOU DO NOT HAVE A DRIVER PRESENT, YOUR PROCEDURE WILL BE CANCELLED. You are unable to drive safely after the medication you receive for your procedure.

Most patients regard the bowel preparation for colonoscopy as the most challenging aspect of colonoscopy. Following these instructions will make the preparation safe, effective and easier. It is very important to follow all instructions carefully to avoid inadequate preparation of the colon (and having to repeat the procedure sooner) and for your safety. Sodium Phosphate based bowel preparation has, in rare case reports, been linked with kidney injury likely as a result of improper dosing and inadequate oral hydration. Again please follow the instructions carefully. You may call 254-0881 with any questions. Refer to the pamphlet provided for frequently asked questions.

Four days before your procedure:

1. STOP:
   - Blood thinners such as Heparin®, Lovenox®, pletal (cilostazol), Jantoven, Plavix®, Ticlid®, Coumadin®, Persantine®, and Warfarin®.
   - Iron Supplements or Multivitamins with Iron
   - Herbal and Homeopathic supplements

2. CONTINUE:
   - All other medications that you normally take including Tylenol®, Celebrex®, and Mobic®. It is important to continue your medications for your heart, blood pressure, asthma, or other chronic medical conditions unless otherwise instructed by your physician.

3. Purchase Fleet® EZ-Prep™ or Fleet® Accu-Prep® Kit at the drugstore.

The day before your procedure:

1. Patients with Diabetes:

2. Begin a clear liquid diet. Drink only clear liquids at breakfast, lunch, and dinner such as water, tea, clear juices, black coffee, soda, broth, Jell-O®, Gatorade®, or popsicles. DO NOT use any clear liquids that are RED or PURPLE. You may use lime, lemon, banana, pineapple or peach Jell-O®, or popsicles. NO solid food or milk products.

3. You may include up to six cans of Ensure® (any flavor) to increase your nutritional intake. Your laxative of Fleet® Phospho Soda® should follow your last intake of Ensure® by two hours.

4. At 5PM add the contents of 1.5 oz of Fleet® Phospho-soda® to 24 ounces of any clear beverage. (Ginger Ale or Crystal Light® pink lemonade work well) and drink over a 30 minute time period. This should be followed over the next two hours by drinking AT LEAST 36 ounces of a clear beverage of your choice. Gatorade® has been shown to reduce the risk of dehydration (no red or purple).

The day of your procedure:

1. Patients with Diabetes: DO NOT take your diabetic medicine. You may bring them with you.

2. At _____ hours before you leave home to arrive at our office, add the contents of 1.0oz (2 Tbsp) of Fleet® Phospho-soda® to 24 oz to any clear beverage (ginger-ale or Crystal Light® pink lemonade work well) and drink over a 30 minute time period. You may continue to drink clear liquids after you complete the Fleet® Phospho-soda® up to 4 hours prior to your scheduled procedure time.

3. DO NOT take anything by mouth 2 hours before your scheduled procedure time. We understand if your procedure is early this can be an inconvenience, but proper cleansing of the colon is important for a successful procedure.

4. You should take your morning medications, with the exception of those listed above, with a sip of water at least two hours before your procedure, unless otherwise instructed by your physician.