Colonoscopy Preparation Tips

General Tips

1. **Reread your instructions one week before the procedure** to go over any changes in your medicines, such as stopping aspirin, aspirin like drugs, Plavix, Coumadin, or diabetic medicines.

2. Get what you will need ahead of time, including clear liquids such as chicken or vegetable broth, sodas, teas, apple juice, powerade and gatorade. Buy extra-soft toilet paper, paper towels, Vaseline, Preparation H, disposable baby wipes (be careful not to buy cleansing wipes containing scent or alcohol).

3. Many of the bowel preparations include a split dosing with half of the solution the night before and half the solution the morning of the exam. This improves dramatically the cleansing of the bowel so that a colonoscopy is more likely to find small polyps especially on the right side of the colon. **This second dose MUST be finished at least 4 hours before the test. DRINKING ANY CLEAR LIQUIDS after finishing the second dose of your colonoscopy MAY CAUSE YOUR CASE TO BE CANCELLED.**

4. **Note: Procedures are no longer done in the office but at Burlington County Endoscopy Center, 140 Mt. Holly Bypass, Unit 5, Lumberton.** If you have any questions regarding insurance coverage for the procedure please contact Burlington County Endoscopy Center at 609-267-1555

5. Burlington County Endoscopy Center will make a call to your insurance company to check eligibility, benefits and check for precertification or prior authorization. However, we encourage all patients to call their insurance company to check their benefits. This way there are no surprises that appear after you have the procedure.

**THE DAY BEFORE THE COLONOSCOPY**

1. You must be on clear liquids the WHOLE DAY before the colonoscopy.

2. Stay home near a bathroom during the process. Applied generously, petroleum jelly and hemorrhoid products can ease anal soreness that might develop. Soaking in a warm tub may help as well. You could gently apply Vaseline to the external anal area, before the first visit to the bathroom. This will help protect the skin from toilet-paper-irritation.

3. Plenty of reading material.

4. It is normal to be slightly weak during the bowel prep. **Make sure the solution is ice cold when you drink it. If you become very weak or faint, try drinking some clear liquids that contain sugar (fruit juice or soda), and sit down. If you don’t feel better, call us.** If you become nauseous, stop and try again in an hour. If you are unable to tolerate the bowel prep, **tell your doctor or nurse as soon as possible.**

5. Preparation Tips:
   A. You may add Crystal lite (Ex. Green Tea Raspberry *(This will turn the solution YELLOW not Red)* ) to the mix at the rate of two packets to each liter/quart of the solution to improve the taste. (do not add a red or purple flavoring) You even mix the Crystal lite as you go with 1/2 packet per glass as you drink.
   B. If the solution is cold it will taste much better. Drinking the solution over a straw helps get the solution past the first taste buds on the tongue and can reduce the taste when you drink this.
   C. You can also buy a fresh lime and cut this in quarters and suck on a lime slice between glasses of the preparation to take some of the taste out of your mouth.
   D. The preparation will usually start to work in 60 to 90 minutes but rarely this may be delayed by several hours. **If you go over 3 hours with no bowel movements when you start the colon preparation call the office for further instructions**

**THE DAY OF THE COLONOSCOPY**

A. **The second dose of the colonoscopy prep MUST be finished at least 4 hours before the test. DRINKING ANY CLEAR LIQUIDS AFTER FINISHING THE SECOND DOSE OF YOUR PREP MAY CAUSE YOUR CASE TO BE CANCELLED.**

B. **Bring a Photo ID to identify yourself** at registration and bring your current insurance card or cards.

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C. Bring a current list of your medicines and supplements with you including the dose amount and how often you take them to the Endoscopy Center

D. **Preprocedure Evaluation** at the Endoscopy Center is up to 45 minutes long and includes filling out paperwork and a pre-procedure medical evaluation by the Nursing staff and Anesthesiology.

E. You must have a ride home and your driver must stay at the Endoscopy Center while you have your procedure and take you home after the procedure. (If you do not have a ride home your test will be cancelled.)

QUESTIONS ABOUT THE PROCEDURE CALL 609-265-1700

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