

You are scheduled to have the inside of your colon examined using video-camera equipment. A proper preparation is very important for an adequate examination. **Please follow the instructions carefully.**

- Since you will be given sedatives, you will not be allowed to drive after the exam. Hence you must have someone who can drive accompanying you to the hospital. Plan on spending 2-3 hours in the hospital.
- There are always some risks to any examination. The complications of a colonoscopy include perforation (a hole in the bowel that may require surgery to be fixed), bleeding (that may require a blood Transfusion and drug reactions among others. These complications are rare, occurring in less than one percent of the cases. If a polyp is removed, the complication rate is about 1-2%.
- There is about 5-6% chance that a colonoscopy may miss an existing lesion such as a small polyps or cancer.

WEEK PRIOR TO EXAMINATION

Pick up *CoLyte Bowel Prep Kit* and a *10 oz bottle of magnesium citrate*. If you take **Iron pills** stop taking them a week prior to the test. You can take your other medications. If you are taking a **blood thinner** (Plavix, Warfarin, Coumadin), the doctor will instruct you when to stop taking this medication. Avoid eating foods and fruits that contain seeds(strawberries, melons, poppy seeds, nuts etc)

TWO DAYS BEFORE EXAMINATION

During the day eat a regular diet. Between 6-7 pm drink the *10 oz bottle of magnesium citrate* with two cups of water, Ginger Ale, apple juice or 7up.

Other _____

DAY BEFORE EXAMINATION

Enjoy a light breakfast of black coffee, tea, eggs, juice. Do not have cereals, bread, oatmeal. After breakfast you are only allowed to have **clear liquid** such as: **water, tea, coffee, apple juice, Ginger Ale, 7 Up, broth's, clear soups, Gatorade Jell-O** (not red or green). **No dairy products or creamers. Take 4 tablets of biscodyl at 12 noon.**

Between 6-8 pm add lukewarm drinking water to top of line on the gallon of *CoLyte*. **Cap gallon and shake to dissolve the powder. Drink full gallon over a one to two hour time period. Be sure to drink ALL the solution. You may experience nausea or cramping, it will pass. If you have severe discomfort, stop drinking the solution for a while or wait longer between drinking each glass until the discomfort goes away.**

DAY OF EXAMINATION

You can take you heart and blood pressure medication the morning of the test with a sip of water. If you are on diabetic pills, do not take them the morning of the procedure.

Do not eat or drink on the day of the procedure! Please arrange for transportation, you cannot drive after the procedure!

For questions or rescheduling of your appointment, please call **623-935-4056** as soon as possible. Thank you