

## **COLONOSCOPY PREP INSTRUCTIONS**

Your COLONOSCOPY is at **Atlanta Endoscopy Center at our office** (404-297-5000)

**OR**

**Diagnostic Treatment Center at Dekalb Medical Center** (below the ER area and their Phone # is 404-501-5580)

The date of your Colonoscopy is \_\_\_\_\_ and the time to come in is ~ \_\_\_\_\_

If you are taking Aspirin, Motrin, Advil or other Blood Thinners like Coumadin or Plavix then please notify us at 404-296-1986 or 404-297-5000 for instructions on how many days to hold these meds. Diabetics on INSULIN also need instructions from us on how to take Insulin the day before your Colonoscopy. If you need to cancel the Colonoscopy then please call AT LEAST 48-72 hours prior to your scheduled Colonoscopy.

The day **BEFORE** your **Colonoscopy**:

**A) DIET**

- 1) Drink **ONLY CLEAR/THIN LIQUIDS** such as Water, Black Coffee, Tea, Coke, Apple Juice, Grape Juice, Gatoraid, Jello, Ice Popsicles, Bullion Broth Cubes, etc as examples. Try to avoid “red” drinks such as red jello.
- 2) Do **NOT** drink Full Liquids such as Milk, Orange Juice, or Soups
- 3) Do **NOT** eat ANYTHING solid foods at all! This is very important to do. Do **NOT** cheat and eat!

**B) Between Noon and 3pm take 4 Dulcolax Tablets with Water / One Bottle Magnesium Citrate.** You can buy these at any Pharmacy or most Grocery Stores. The staff will circle one of the above laxatives to take.

**C) Mix the TriLyte / NuLyte jug with Water in the early am to the top line on the bottle and refrigerate for the day. Between 4pm and 6pm you START to drink ONE HALF of the Gallon jug of TriLyte with One Glass drunk every 10 minutes. If your stool is not clear then continue to drink more of the TriLyte. It is VERY IMPORTANT to drink this to clear the colon for your Colonoscopy. If you are unable to drink this then contact the MD or Nurse at 404-297-5000 to get further instructions.**

### **DAY OF the COLONOSCOPY:**

- 1) If your Colonoscopy is in the afternoon then you can drink some Clear Liquids and can take your routine medications like Blood Pressure Meds but **ONLY BEFORE 7:30 am**. Take **NOTHING** at all for a Morning Colonoscopy until it is completed!
- 2) Do **NOT** take ANY Diabetic Medications on the day of the Colonoscopy until **AFTER** your Colonoscopy is completed.
- 3) Take plain **TAP WATER ENEMA's** until the stool is clear. Lie on your **LEFT** side to give the enema. This usually takes 2-3 enema's but can take more than this is some people. Do this at home before coming in for your Colonoscopy so you need to start these enema's several hours before you are due to come in.

You **MUST** have someone drive you home after receiving sedation medications during your Colonoscopy. This can **NOT** be a Taxi driver or Bus Driver unless someone such as a Family Member or Friend is driving with you. You can not be legally given sedation for the Colonoscopy without someone to drive you home. **No ride = No Colonoscopy.** Tell your ride you will be here approximately 1:30 to 2 hours and we strongly encourage them to stay in our waiting room so you can leave as soon as you awaken from your Colonoscopy sedation.