

## COLON LAVAGE BEFORE COLONOSCOPY PATIENT

### TIMELINE:

- **ONE WEEK BEFORE**

Please **stop taking any iron or fiber supplements**. Stop eating **nuts, seeds, popcorn**, or any products that contain these items.

- **FIVE DAYS PRIOR**

You may continue taking Aspirin 81 mg as usual, but you **MUST STOP ALL OF THE FOLLOWING MEDICATIONS**:

Advil	Excedrin	Licorice (pills)
Aleve	Feldene (piroxicam)	Lodine
Alfalfa	Fenoprofen	Meloxicam
Alka-Seltzer	Fiber supplements	Midol
All herbal medicine	Fiorinal	Mobic
Anacin	Fish Oil (Omega 3)	Motrin
Anaprox	Flurbiprofen	Multivitamins
Ansaid	Garlic pills	Naprosyn
Aspirin (325mg only)	Gingko	Naproxen
BC Powder	Ginseng	Norgesic
Celebrex	Goody's	Percodan
Chamomile	Ibuprofen	Salsalate
Daypro	Indocin	Soma
Diclofenac	Indomethacin	Sulindac
Ecotrin	Iron	Talwin
Epromate	Kava	Triassic
Etodolac	Ketoprofen	Vitamin E

**\*\*PLEASE DO NOT STOP YOUR BLOOD PRESSURE OR HEART MEDICATIONS.\*\***

If you take **PRESCRIBED BLOOD THINNERS**, you **MUST OBTAIN PERMISSION/CLEARANCE** from your cardiologist, hematologist, or primary care physician first to stop these five days before the scheduled procedure.

There may be **RISKS ASSOCIATED WITH STOPPING OR HOLDING THESE MEDICATIONS TEMPORARILY**, and it may be prudent to delay any elective procedures until the blood-thinner therapy has completed its expected duration. YOU MUST DISCUSS THIS with our practice nurse at time of scheduling.

- **TWO DAYS PRIOR**

- AVOID *LARGE* MEALS. What goes in must come out!
- TAKE **2 DULCOLAX TABLETS** AT BEDTIME (PM) WITH A CUP OF WATER



● **ONE DAY PRIOR**

- Maintain a **CLEAR LIQUIDS DIET ALL DAY** — NO SOLID FOOD.
- Take another **2 DULCOLAX TABLETS** AT BEDTIME (PM) WITH A CUP OF WATER

\*\*\*\*It is very important to drink LOTS of these clear liquids to ensure a good preparation for your procedure\*\*\*\*

Apple Juice  
7-up/Ginger Ale/Clear Sodas  
Tea/Coffee WITHOUT cream  
Low-Sodium Chicken or Beef Broth WITHOUT food particles (i.e. noodles, veggies, meat)  
White Grape Juice  
White Cranberry Juice  
Water  
Sports Drinks (e.g. Gatorade, Powerade) — NOTHING RED/BLUE/PURPLE  
Plain Popsicles  
Gelatin (Jell-O) — NOTHING RED/BLUE/PURPLE

NO SOLID, CREAMY OR PULPY PRODUCTS NO MILK PRODUCTS

**REMEMBER: NOTHING RED/BLUE/PURPLE**

**Diabetic Patients**

● **ONE DAY PRIOR**

TAKE ONLY HALF of your diabetic medication dosage, and MONITOR YOUR BLOOD SUGAR at least every four hours, or more frequently if you feel that your sugar level is low.

● **PROCEDURE DAY**

DO NOT TAKE your diabetes medication. CHECK YOUR BLOOD SUGAR LEVEL when you wake up. If your level is BELOW 70, drink 4 ounces of juice, soda, or eat a piece of hard candy. Wait 15 minutes, then RECHECK YOUR BLOOD SUGAR LEVEL. If your level isn't going up, you can drink another 4 ounces and contact our office. BRING YOUR DIABETES MEDICATION with you to the hospital. Be sure to have NOTHING TO EAT OR DRINK AT LEAST TWO HOURS PRIOR to your procedure.

**All Patients**

ARRIVE **WITH A DRIVER** TO COLON LAVAGE PROCEDURE **15 MINUTES PRIOR** TO SCHEDULED LAVAGE TIME at 3715 Prytania Suite #500. The lavage will take approximately 45 minutes to 1 hour. From our clinic, you will then go to the facility where you will be having your procedure:

- **Touro ATC** (Ambulatory Treatment Center) at 1401 Foucher St., 3rd floor AT LEAST ONE HOUR prior to scheduled procedure. Your driver must check in with you when you come to Touro.

OR

- **Alliance Endoscopy** at 3717 Houma Blvd., 2nd floor ONE HOUR prior to scheduled procedure. Your driver must check in with you when you come to Alliance.

You will be **unable to drive/operate machinery** or sign important documents for **24 hours** after the procedure. For your safety during the colonoscopy, please DO NOT use marijuana or illicit substances for at least 48 hours before your scheduled procedure.