



## COLONOSCOPY PROCEDURE INFORMATION

You have been scheduled for a colonoscopy procedure at the Digestive Health Center at the University of Virginia Hospital.

Your appointment is on \_\_\_\_\_. Please arrive to register at \_\_\_\_\_.

1. You will need to have a friend or family member attend this appointment. They will need to be able to drive you home. We will need to be able to contact them at all times while you are with us.
2. Your time with us may range from 2-4 hours. In order to have seating for all Digestive Health patients, we ask that only one person be in the waiting room with you. Please leave all jewelry and piercings at home.
3. Stop taking medicine that contains Iron and start on low fiber foods for all meals 5 days before your procedure.

**Low Fiber** Foods include pasta, white bread, eggs, well-done meats, applesauce, bananas, potatoes, and dairy products like yogurt, ice cream and cheese.

**Avoid** fruit and vegetable skins and seeds. No corn, popcorn, nuts, oatmeal or whole grain food.

4. Go to the pharmacy to buy your prescription bowel cleansing medicine.
5. If you are diabetic call your Primary doctor to have diabetic medicine doses changed for the day before and the day of your procedure, because you will not eat a normal amount of solid food on those days.
6. If you are on prescription blood thinners please call us at 434-243-6346.
7. The day before your procedure, you will need to have ONLY liquids for the whole day.

You may have soda, tea, coffee, Gatorade®, beef or chicken broth, Jell-O® (not red/purple).

No liquids that are red or purple, no milk/dairy, no orange juice, no alcohol.

8. At 5:00 on the evening before your appointment you should begin to take the bowel prep medicine. Mix it as directed by the product package but follow the diet and split dose prep instructions we have provided.
9. You may have clear liquids until 2 hours prior to your arrival for appointment. Do not drink after that time.
10. If you have medicines for heart conditions or blood pressure, please take them as usual on the morning of your appointment. Please bring a list of your medicines with you. If you use a machine at home to treat Sleep Apnea bring it with you to this appointment.

You will receive a phone call the week prior to your appointment to answer questions and review instructions. Preparing for this procedure is very important! If you have questions, call 434-243-6346 Mon-Fri 8-4:30 to speak to an Endoscopy Coordinator. Thank you for using the Digestive Health Center at The University of Virginia.

## EASY GUIDE

- Please fill in date and time of your exam in last box, and counting backwards fill in other days and dates as outlined.
- You may want to add specific instructions for adjusting your medications if on blood thinner or diabetic medications as a reminder.

- 5 days prior Day/Date: \_\_\_\_\_
- Read all instructions
  - Start low fiber diet
  - Stop iron or vitamins with iron
  - Talk to doctor about blood thinners and discuss other meds that may need to be adjusted such as diabetic meds
  - Purchase prescribed prep from pharmacy
  - Arrange ride home with a friend or family member
  - Have plenty of clear liquids available at home
  - Buy soft toilet paper, moist wipes, or Vaseline® if desired

- 1 day prior Day/Date: \_\_\_\_\_
- Clear liquids only, no solids or milk products, all day
  - Drink 1-2 glasses each hour to stay hydrated
  - In morning, mix and refrigerate prep solution
  - Take all regular medications except those listed in procedure information
  - At 5 pm, start drinking prep: 1 glass every 10-15 minutes until half of medicine is completed
  - Stay close to a bathroom

- Day of Exam Day/Date: \_\_\_\_\_
- Take necessary medications, except those listed in procedure information, with a sip of water
  - Finish all bowel prep solution 3 hours before leaving home

- Arrival Time: \_\_\_\_\_
- Stop drinking all clear liquids including water 2 hours before arrival for exam
  - Bring your insurance card along with your list of medications to UVA
  - If you need to change the spelling of your name, bring license or ID
  - Wear comfortable clothes, leave all jewelry at home
  - Arrive on time with your friend or family member as a driver
  - Your driver will be asked to come into the recovery room at discharge