Getting Ready for Your Colonoscopy (PEG) - APC

To help you get ready for your colonoscopy procedure; we, the staff of the Ambulatory Procedure Center at UW Hospital have made this handout for you that has information about:

- **Where to go** for your colonoscopy.
- **Preparing ahead of time** for your colonoscopy, including what you can expect on the day you have it done.
- **Your bowel preparation**, which begins several days before your colonoscopy.
- **Your low-residue diet**, which you will begin three days before your colonoscopy.

It is important to read this paper right away.

You start to get ready for your colonoscopy

7 days before you have it.

**Important:** Please read this entire handout now. It has diet and bowel preparation instructions that you need to follow several days before your colonoscopy procedure.

- If you don’t follow these instructions, your colon may not be cleaned out well enough for your doctor to clearly see the inside of your colon.

- Your doctor needs to get a good look at your colon in order for your colonoscopy to be accurate. For this reason, **your colonoscopy may need to be rescheduled if you do not follow these instructions.**

- Following these instructions so that your colon is clean also makes the procedure go faster and reduces the risks of the procedure.

- If you have any questions, please call us at the Ambulatory Procedure Center at **608-263-8094.** You can also find more information at [www.uwhealth.org/digestivehealth](http://www.uwhealth.org/digestivehealth)
# What You Do to Prepare for Your Colonoscopy

<table>
<thead>
<tr>
<th>7 days before colonoscopy</th>
<th>3 days before colonoscopy</th>
<th>1 day before colonoscopy</th>
<th>The Day of colonoscopy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take your medicines after talking with your doctor.</td>
<td>Follow low-residue diet.</td>
<td>Stop eating solid foods.</td>
<td>Take second dose of bowel prep.</td>
</tr>
<tr>
<td></td>
<td>Pick up prep from your pharmacy.</td>
<td>Begin clear liquids.</td>
<td>Don’t eat food.</td>
</tr>
<tr>
<td></td>
<td>Make sure you have a ride home.</td>
<td>Begin your bowel prep.</td>
<td>Don’t drink anything 4 hours before your arrival time.</td>
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</table>

**7 Days before Your Colonoscopy**

**Medicines**

You may be asked to stop certain medicines before your colonoscopy. Before starting or stopping any medicine, please talk with your doctor who prescribes your medicine.

**Blood thinning** medicines should be stopped:
- No prasugrel (Effient®) for **7 days**
- No warfarin (Coumadin®) for **5 days**
- No clopidogrel (Plavix®) for **5 days**
- No iron for **5 days**
- No dabigatran (Pradaxa®) for **2 days**
- No rivaroxaban (Xarelto®) for **2 days**
- No apixaban (Eliquis®) for **2 days**

**Do not stop taking your blood thinning medicine without first talking to your doctor who prescribes this medicine.** Your doctor will tell you how to safely stop this medicine. Please contact us if you have other questions.

**Diabetes medicines** (oral and insulin) will need to be adjusted for the time when you can’t eat. Please talk with your primary doctor about this.
3 Days before Your Colonoscopy

Diet – Low Residue

For at least 3 days before your colonoscopy, do not eat the foods listed in the table below. These foods can slow your digestion so that your colon is not clean enough for your colonoscopy.

<table>
<thead>
<tr>
<th>Don't eat these foods 3 days before your colonoscopy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corn</td>
</tr>
<tr>
<td>Potato Skins</td>
</tr>
</tbody>
</table>

Other Preparations

- **You must have an adult to drive you home or your colonoscopy will be cancelled.**
  We ask that your driver stay in our building during your procedure. You may take a cab or bus home only if you have a responsible adult to ride with you. The cab or bus driver doesn’t count as your responsible adult; you need a support person to ride with you. You should **not** drive for the rest of the day because of the effects of sedation.

- **You will need to pick up bowel prep supplies at least 2 days before your colonoscopy.** Your prescription has been called into your pharmacy.

- **Our staff will call you 5 days prior to your procedure.** During this call, we will confirm your appointment and answer any questions that you may have.

- **If you are often constipated or don’t have daily bowel movements,** you should have an extra day or two of a clear liquid diet and use an over-the-counter laxative (like milk of magnesia) **2 days** before your colonoscopy. Please call us if you would like to talk about this.

- **You should not return to work or make important decisions** (personal or business) until the next day. Plan to go home to rest. You should be able to do your normal daily tasks the day after your colonoscopy.

1 Day before Your Colonoscopy

Diet

**Do not eat or drink solid food, milk or dairy products** after the clear liquid start time in the *Prep Instructions Table* on page 5. The **clear liquids** you may drink include those in the table on page 5. **Don’t drink red or purple** liquids, even if they are clear.
These are clear liquids you may have, **if they aren’t red or purple**

<table>
<thead>
<tr>
<th>Water</th>
<th>Soda</th>
<th>Clear sports drinks (like Gatorade®)</th>
<th>Tea</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broth</td>
<td>Jello</td>
<td>Black Coffee (no cream or milk)</td>
<td>Apple Juice</td>
</tr>
</tbody>
</table>

Reminder: Your prescription has been sent to your pharmacy.

**Bowel Preparation**

The day before your colonoscopy, mix the PEG-3350® electrolyte solution as directed on the container.

- Mix the solution per the instructions on the container. However, **please drink the solution according to our directions** (don’t follow any instructions on this that you get from your pharmacy).

- **See the Prep Instructions Table on page 5** for specific bowel preparation (prep) drinking instructions based on your arrival time. You must follow these instructions to have a clean colon and accurate colonoscopy results.

If you take medicines, take them either 1 hour before you drink the bowel prep or 1 hour after you finish drinking the bowel prep. Do not take them while you are drinking the prep because they may not be absorbed.

You should plan on each part of your prep taking several hours. **Stay near a bathroom during this time.**

Drink 1 glass (about 8 ounces) every 10 – 20 minutes, but **slow down** or stop for 30 minutes if you begin to have nausea or abdominal discomfort. Liquid stools should start within a few hours. It is important to drink all of your solution to increase the likelihood of having a clean colon.

Keep drinking clear liquids until 4 hours before your arrival time. Drinking clear liquids can prevent dehydration.

**Helpful Hints**

- To lessen the taste of the prep liquid, try drinking it with a straw or add yellow lemonade Crystal Light® to the container or your glass. Do not add any other liquids or flavors.

- To lessen the taste between glasses, try gum or sucking on hard candy or slices of lime or lemon.

- After you mix the prep, we suggest you put it in the refrigerator. Take it out of the refrigerator at least 2 hours before you start drinking it, so you won’t feel too cold.

- For chills, use a blanket warmed in the dryer.

- For a sore bottom, clean with baby wipes and put on a protective ointment (like A+D® or Vaseline®) after bowel movements.
Research shows that the closer you drink the prep to the time of your colonoscopy, the better it works and the easier it is to drink. For this reason, we ask you to split the prep into 2 doses so you drink part of it the night before and part of it the morning of your procedure.

Your last bowel movements should be watery, **see-through** and free of solids (flecks are OK). The color may be clear to yellow.

**If you don’t get these results or you have steady stomach pain, get light-headed and dizzy, or don’t have a bowel movement, please call us** Monday-Friday from 7:30am – 5:00 pm at (608) 263-8094 or toll free at 1-800-323-8942. For questions or concerns after our business hours, please call (608) 262-2122 and ask for the Gastroenterology (GI) doctor on call.

### Prep Instructions Table

<table>
<thead>
<tr>
<th>Arrival Before 10:00 AM</th>
<th>Day Before Your Colonoscopy</th>
<th>Day of Your Colonoscopy</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>10:00 AM - Start Clear Liquids</strong>&lt;br&gt;<strong>6:00 PM - Start bowel prep. Drink 12 glasses of bowel prep before bed.</strong></td>
<td></td>
<td><strong>2:00 AM – Finish remaining 4 glasses of bowel prep.</strong>&lt;br&gt;<strong>Finish all drinking, including water, 4 hours before arrival.</strong></td>
</tr>
<tr>
<td>Arrival Between 10:00 AM and 1:00 PM</td>
<td><strong>12:00 PM - Start Clear Liquids.</strong>&lt;br&gt;<strong>6:00 PM - Start bowel prep. Drink 8 glasses of bowel prep before bed.</strong></td>
<td><strong>5:00 AM - finish remaining 8 glasses of bowel prep.</strong>&lt;br&gt;<strong>Finish all drinking, including water, 4 hours before arrival.</strong></td>
</tr>
<tr>
<td>Arrival After 1:00 PM</td>
<td><strong>4:00 PM - Start Clear Liquids.</strong>&lt;br&gt;<strong>8:00 PM - Start bowel prep. Drink 8 glasses of bowel prep before bed.</strong></td>
<td><strong>8:00 AM - finish remaining 8 glasses of bowel prep.</strong>&lt;br&gt;<strong>Finish all drinking, including water, 4 hours before arrival.</strong></td>
</tr>
</tbody>
</table>
The Day of Your Colonoscopy

No Food or Drink

- **Don’t** eat any food today before your colonoscopy procedure.
- **Stop** drinking liquids (including water) **4 hours before** your arrival time. **Don’t** drink anything during the 4 hours right before your procedure.

To Do

- Wear loose, comfortable clothes. You may feel bloated after your procedure, so you may want to wear pants with an elastic or adjustable waistband.
- Leave jewelry and valuables at home.
- Bring any inhalers, CPAP, or BiPAP that you use. CPAP and BiPAP are needed for sedation to be used safely.
- Plan to be with us for about 3 hours. You may not leave the recovery room without a responsible adult.

Going Home

You will stay in our recovery area after your procedure. A nurse will monitor your recovery and go over your discharge instructions with you. As noted on page 3, you must not drive. **You must be taken home by a responsible adult.**

Before you leave, please let us know if you have any concerns or questions. We want to be sure to address your concerns and questions before you leave.
Frequently Asked Questions

What can I expect during my procedure?
When you arrive, your nurse will talk with you about your medical history, take your blood pressure, and place an intravenous (IV) line in your arm. The IV allows us to give you medicine as needed during the procedure to help keep you comfortable and relaxed.

Before the exam, your doctor will talk with you about the procedure, explain the risks and benefits, and ask you to sign a consent form. Although complications are rare, there is a small risk of problems such as bleeding, creation of a small tear or hole in the intestine, or inflammation of the vein used for IV medication. Your doctor will explain these and other risks and answer any questions you have.

Once you are in the procedure room, you will receive medicine through the IV, which will make you feel drowsy. Your procedure will then begin. Most patients report very little discomfort during a colonoscopy. If you feel very uncomfortable or anxious, please tell your nurse and doctor. You may need more medicine. Once your colon has been examined, your doctor will remove the instrument and your exam will be over. For most patients, a colonoscopy takes about 30 minutes.

What if I feel sick or nauseous while I am drinking my prep?
We instruct you to drink 1 glass (about 8 ounces) every 10 – 20 minutes but slow down or stop for 30 minutes if you begin to have nausea or abdominal discomfort. It is okay to take a break if needed; however, it is important to begin drinking your prep again when you feel better. It is important to drink all of your solution to increase the likelihood of having a clean colon.

Won’t I get dehydrated?
Keep drinking clear liquids until 4 hours before your appointment time. Drinking clear liquids can prevent dehydration.

Do I have to drink my prep at the exact times on the Prep Instructions Table?
If you prefer, you can begin drinking your prep a couple of hours before the time that is written in the Prep Instructions Table on page 6. This may allow you more time to sleep between doses. However, we recommend that you follow the instructions as closely as possible.

Can I go to work the day after my colonoscopy?
Most patients are able to go to work and do their normal activities the day after their colonoscopy. However, some patients may still feel groggy the next day, especially if their exam was later in the day.
Please follow all of your instructions and drink all of your prep. Polyps and abnormal areas can be missed when your colon isn’t clean.

### Clean Colon – Can See Clearly for Colonoscopy

![Clean Colon Image]

### Colon not Clean Enough – Can’t See Clearly for Colonoscopy

![Colon Not Clean Enough Image]

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person’s health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 5/2014 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7478