

Patient Instructions for Colonoscopy Preparation

5 days before your test:



Check with your doctor or nurse if you have diabetes or take any of these drugs:

Coumadin (Warfarin), Effient (Prasugrel), Iron pills, Plavix (Clopidogrel), Persantine (Dipyridamole), Ticlid (Ticlopidine)

1 day before your test:

WHAT YOU CAN / CANNOT HAVE:

- No solid foods or alcohol.
- In the morning, drink only clear liquids (**nothing red or purple**) all day from early morning until after your test.



- Clear liquids include: Water, tea, coffee **with no milk or cream**, apple juice, chicken broth,

7UP®, Sprite®, Jell-O®, popsicles (**no fruit or ice cream**).

- Make the Golytely in the morning and keep it cold.
- Start drinking the Golytely at _____.
- You must drink half of the liquid – chilled or at room temperature – over the next 2 hours.
- To finish half of the bottle in 2 hours, you must drink 6 to 8 ounces every 15 minutes.
- Keep the rest of the Golytely cold until the next morning.
- You will start having diarrhea. Use “wet wipes” to clean your skin in the rectal area.
- Continue to drink the clear liquids until you start the next half of the Golytely in the morning.



Day of your test:

- Do not chew gum.
- Start drinking the rest of the Golytely 4 hours before your appointment at _____.
- Finish the Golytely 2 hours before your appointment by _____.
- Take your high blood pressure, seizure, or psychiatric drugs with sips of water.
- Take **nothing else** by mouth.
- Brush your teeth but do not swallow the water.
- Wear comfortable, loose fitting clothing.
- **Do not** wear any jewelry or make up or bring a purse.
- If you wear dentures, partials, or contact lenses, give them to your family.
- Be sure to get to the test at or before the assigned arrival time.
- If you have diabetes or other illnesses:

- Anticipate spending a 1/2 day at the hospital for the entire procedure.



You must have someone with you to drive you home. You cannot drive, take a taxi or ride the bus alone.

After your test:

- You may spend 30 to 60 minutes in the Recovery Room before you can leave.
- You will get instructions about what to eat and which drugs to start taking or hold for a few days.
- You may be drowsy and have increased gas and bloating after the test. These symptoms will go away soon.
- You cannot drive, eat a heavy meal, make important decisions, use power equipment, or stay by yourself for 24 hours.
- If you have stomach pain, bleeding, or any other unusual symptoms, please call:



Visit: www.bcm.edu/cpr/colonoscopyprep



To hear these instructions in English, Spanish, or Vietnamese, call 713-798-1121

APPOINTMENT DATE AND TIME:

_____ / _____

Date Time



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SYSTEM



CANCER PREVENTION & RESEARCH
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Project funded by the
Cancer Prevention and Research Institute of
Texas (CPRIT Award PP170094)