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General Surgery

Gastrointestinal
Surgery and
Endoscopy

Breast

Advanced
Wound Care

Laparoscopic
Herniorrhaphy

Lap-Band Program
& Placement

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Procedure Date: _____ Arrival Time: _____

Procedure location if different than MetroHealth Outpatient: _____

COLON PREPARATION INSTRUCTIONS

PLEASE READ THESE INSTRUCTIONS THOROUGHLY BEFORE BEGINNING PREP.

**IF YOU ARE 70 YEARS OLD OR OLDER, OR HAVE KIDNEY PROBLEMS,
CALL THE OFFICE FOR A PRESCRIPTION FOR AN ALTERNATE PREP.**

CALL THE OFFICE IF YOU HAVE QUESTIONS REGARDING THE PREP.

DIRECTIONS:

- 1) Obtain a total of three ounces of Fleet Phospho-Soda buffered saline laxative from any pharmacy. If you desire an alternative prep, i.e., Golytely or Visicol (pills), please contact the office – please note that these preps still require drinking the same amount of fluid and they may not be covered by insurance.
- 2) Day before exam:
 - a. Drink only clear liquids for breakfast, lunch and dinner. Please avoid red and purple liquids.
 - b. At 7pm the night before the exam, add one tablespoon (15ml) of Fleets Phospho-Soda to 8 ounces of a clear liquid of your choice (for example, ginger-ale, Vernors, apple juice) and drink promptly. Do this three times within one hour, that is, you should drink one tablespoon of Fleets in 8 ounces of beverage at 7:00 pm, 7:20 pm, and 7:40 pm. You should have taken half of the Fleets after finishing these three drinks.
 - c. **IMPORTANT:** Continue to drink at least another 40 ounces of water or other clear liquid during the 8 o'clock hour.
 - d. At 9 pm, repeat step "b". That is, drink one tablespoon of Fleets in 8 ounces of clear beverage at 9:00 pm, 9:20 pm and 9:40 pm. You should have taken all three ounces of the Fleets after finishing these drinks.
 - e. **IMPORTANT:** You must drink at least another 40 ounces of water before midnight.

Please Note:

- You may have clear liquids up until midnight, and then take nothing by mouth.
- **You will NOT BE ABLE TO DRIVE the day of your colonoscopy. A legal driver must accompany you and stay at the endoscopy center during your procedure. If your driver leaves, your study may be canceled.**
- If you have problems tolerating the prep. i.e., vomiting, wait one hour and restart; if you're unable to tolerate the prep, please contact the office at the number above.

Regarding Medications:

- If you are taking any of the following medications, please contact your primary care doctor to see if they want you to stop seven days prior to your procedure, or continue the medication: Coumadin, Plavix, Aspirin, Non-Steroidal Anti-Inflammatory Drugs (NSAID's – Motrin, ibuprofen, Voltaren, Naprosyn, etc.) or any other blood thinner.
- ARB's (typically end with "sartan"), ACE Inhibitors (typically end with "-pril"), diuretics (lasix, bumex, etc) for congestive heart failure or high blood pressure. These medications are routinely safe with this prep, however, the beverages must be consumed as directed above. Alternative preps are available, discuss with your physician.
- Fish oil and garlic supplements should be stopped seven days before procedure.
- Bring your current medication list to the hospital with you.
- If polyps are removed, you may need to stay off some of the above medications for three weeks following the procedure, ask your doctor about your medications and supplements if you have any questions.