



SKYLINE HEALTH PRE-PROCEDURE PATIENT INFORMATION

Scheduling

A staff member will call you if you have not already scheduled your procedure. The procedure may require prior authorization from your insurance company. A nurse will review your chart and contact you prior to your procedure to update your chart and discuss specific instructions.

Transportation

You will be receiving sedation and are required to have someone drive you home. You will not be allowed to leave the hospital by yourself. Your driver will need to be available within 20-30 minutes of a phone call from the discharge nurse. If you are not able to accommodate a ride home, your procedure will be rescheduled.

PLEASE FOLLOW ALL INSTRUCTIONS CAREFULLY

A week before your colonoscopy:

If you are a diabetic, you will receive special instructions on how to adjust your medications. If you take any medication that affects blood clotting, you may need to adjust the 7 to 3 days before your procedure. Continue taking all medications as prescribed with a sip of water the morning of your procedure and please check with your doctor regarding the following medications:

- Warfarin (Coumadin): Most patients can safely stop Warfarin for 5 days prior to their procedure. Follow your doctor's instructions carefully.
- Xarelto (Rivaroxaban), Eliquis (Apixaban), Savaysa (Edoxaban), or Pradaxa (Dabigatran)—this can generally be stopped 24 hours prior to your procedure. If in doubt, please ask your doctor.
- Plavix (Clopidogrel)—please ask your doctor.

If you are a diabetic:

- Do not take any diabetes pills the day of your procedure.
- Do not take any insulin the day of your procedure.
- Take one-half of your long-acting insulin the night before your procedure.

Herbs and miscellaneous medications:

- Do not take Valerian Root, Garlic, Ginger, or Ginkgo Biloba for one week prior to your procedure. These supplements can interfere with your sedation and cause bleeding.
- Do not take iron pills for one week prior to your procedure.

Do not take any recreational drugs, including marijuana 24 hours prior to your procedure.

PREPARING FOR YOUR COLONOSCOPY

7 days before your procedure:

- Stop eating any nuts, seeds, corn or popcorn.

3-5 days before your procedure:

- Purchase a variety of clear liquids (no red, blue or purple flavors). Clear liquids mean you can see through it.
 - Gatorade®, Pedialyte®, or PowerAde®
 - Clear broth or bouillon
 - Coffee or tea (no milk or creamer)
 - Carbonated and non-carbonated soft drinks, Kool-Aid®, or other fruit flavored drinks
 - Stained fruit juices (no pulp) like apple or white grape
 - Jell-O®, popsicles and hard candy.
 - Gummy candy (without THC, no red, blue or purple)

2 days before your procedure:

- Drink 8 glasses of water or other liquids during the day to avoid dehydration.

The day before your procedure:

- **STOP** eating all solid foods
- **START** a clear liquid diet (no red, blue, or purple flavors)
- **START THE PREP** your doctor has prescribed and follow the instructions closely. Your doctor may add other oral laxatives to be used with your prep.
 - Brand names include Dulcolax®, Citroma®, Magnesia and LiquiPrep®.

The day of your colonoscopy:

- Unless your doctor tells you otherwise, you will usually take your morning medication with a sip of water up to 2 hours before your colonoscopy. Diabetic patients will need to adjust their medication as directed.
- You will receive sedation and are required to have someone drive you home. No exceptions will be made.

CLEAR LIQUID DIET—MINIMAL AMOUNT OF 80 OUNCES (10 CUPS)

It is important to follow a clear liquid diet the day before your procedure. An unclean colon can result in your procedure being rescheduled, missed lesions, increased procedure time and a potential increase in complication rates. A clear liquid diet helps maintain adequate hydration, provides some vital electrolytes, such as sodium, potassium and gives some energy.

- Plain water
- Apple juice and white grape juice
- Lemonade without pulp
- Broth
- Clear sodas
- Sport drinks without red, blue, purple coloring
- Plain gelatin
- Honey
- Popsicles without fruit or fruit pulp without red, blue, purple coloring
- Gummy candy (without THC, no red, blue or purple)
- Tea or coffee without cream

Avoid any liquids NOT listed above. **Avoid all solid foods the entire day** prior to your colonoscopy.

BOWEL PREP INSTRUCTIONS

- Early evening, about 16 hours before your scheduled arrival time, begin your prep. Please do not have any solid food the entire day prior to your colonoscopy regardless of the bowel prep you are taking.
- **SUPREP®** Bowel Prep Kit: Follow directions on box with the exception of having a light breakfast. Do not eat breakfast. It is a split dose preparation. Place the kit in the refrigerator to chill in the morning. Begin first step 16 hours prior to appointment, second step is 4 hours prior to your appointment time. It is helpful to drink the mixture with a straw to bypass the taste buds.
- **MIRALAX®** Prep: This may be purchased over-the-counter and an inexpensive option if insurance does not cover prep costs. You will need the following:
 - 238-gram bottle of Miralax powder.
 - 64-ounce bottle of sports drink such as: Gatorade®, Pedialyte® or PowerAde®.
 - Four 5mg Dulcolax/Bisacodyl tablets.
 - Around 4 p.m., take the four 5mg tablets.
 - Mix the entire bottle of Miralax in 64 ounces of the sports drink and put in the refrigerator.
 - 16 hours before your appointment time, drink 32 ounces of the Miralax mixture. Save the other 32 ounces for later. Store in refrigerator.
 - 4 hours prior to your appointment time, set alarm and get up to drink the other 32 ounces of Miralax mixture.

- **GoLyte[®], Colyte[®], NuLyte[®], TriLyte[®]:**
 - 16 hours before your appointment time, drink one 8-ounce glass of the solution. Continue drinking one 8-ounce glass of the solution every 10 to 15 minutes until the bottle is HALF empty (2 liters).
 - 4 hours prior to your appointment time, drink one 8-ounce glass of the solution. Drink a glass of solution every 10 to 15 minutes until the second half of the bottle is empty (2 liters).
 - Store in refrigerator to keep chilled.

HELPFUL TIPS

- Please continue to drink clear liquids up to 2 hours prior to your appointment time, then stop. You may brush your teeth.
- Some people report the solution tastes worse when warm, so chilling it may help.
- Drinking with a straw placed far back on your tongue may help avoid any unpleasant taste. Hold your nose and drink as quickly as possible, sucking on a hard candy or slice of lemon after each glass may also help.
- Take a break: Any who experiences nausea or vomiting should take a 30-minute break before trying the drink again. If a person vomits, they should drink as much as possible and notify their health care provider as soon as possible.
- Stay near a toilet; you will have diarrhea. Ideally, your bowel movements will become either yellow or clear liquid after a complete prep.
- Feeling some abdominal cramping is normal.
- Petroleum jelly (Vaseline[®]) or using baby wipes may decrease skin irritation.
- During the prep: It is important you replace fluids and prevent dehydration by drinking large amounts of clear liquids until 2 hours before your colonoscopy.