

# Instructions for Your Outpatient Colonoscopy

## Instructions for a Colonoscopy

One day prior to your procedure:

1. Please take only clear liquids the day before the procedure for breakfast, lunch and dinner. This includes: water, broth, juice, tea, coffee, sodas, Jello, etc. Please avoid red Jello, red juices and dairy products.
2. At 4:00pm mix 1 ½ oz. Fleet Phospho-soda with 12 oz. of clear liquids (water, Sprite, gingerale) and drink. Follow this with three 8 oz. portions of water. At 8:00pm mix the second 1 ½ oz. Fleet Phospho-soda with 12 oz. of clear liquids and drink.
3. Bowel movements should occur approximately one hour after first glass of prep (this will vary from person to person). They will continue periodically over the next few hours. By the time bowel movements cease after second Fleet Phospho-soda prep, stool liquid should be cleared. Feelings of bloating or nausea are common after beginning to drink prep. This is usually temporary and will disappear once bowel movements begin.

On the day of the procedure:

1. Please do not eat or drink anything after midnight the night before the examination if your procedure is before 11am.
2. Water or other clear liquids are permissible the morning of your procedure if it is scheduled in the later morning or early afternoon.
3. You may take blood pressure, heart, seizure or asthma medication with a small sip of water first thing in the morning.
4. It is very important that you have someone to drive you home.
5. It is recommended that you leave all valuables at home.

### After a Colonoscopy

#### Restriction on activity

Do not drive a car or operate machinery until the day after the procedure.

#### Following day

Return to full activity including work, unless otherwise instructed.

#### For three days

No heavy lifting, straining or running.

#### Diet

Eat and drink normally unless instructed otherwise.

#### Treatment for common aftereffects

Mild abdominal pain, bloating or excessive gas- rest, eat lightly.

#### Symptoms to watch for and report to your physician

- ⊙ SEVERE abdominal pain or bloating
- ⊙ Fever or chills within 24 hours after procedure
- ⊙ A large amount of rectal bleeding (a small amount of blood from the rectum is not serious, especially if hemorrhoids are present)

#### A polyp has been removed

For the next seven days:

- ⊙ Do not take aspirin
- ⊙ Do not take long car trips

*If you have any questions or problems, please call your physician.*