

Colonoscopy Instructions ECM Hospital

Patient's name: _____

Date of procedure: _____

1. You will need a **3 oz bottle of Fleet's Phosphosoda** for your test. (Do not substitute any other prep). You may purchase this product at most pharmacies.
2. You will need to stay on **clear liquids** all day on _____.
3. You will start your prep at 1:00 p.m. on _____. Take 1.5 oz. of the Fleet's Phosphosoda and mix with 8 ounces of clear liquid and drink. Drink 8 ounces of clear liquid every hour (2:00, 3:00, 4:00, 5:00 and 6:00 p.m.). At 7:00 p.m. take the remainder of the prep. Mix 1.5 ounces of the Fleet's Phosphosoda with 8 ounces of clear liquid and drink. You will need to drink 8 ounces of clear liquid every hour (8:00, 9:00 and 10:00 p.m.). You may drink clear liquids up until midnight if you wish. Nothing after midnight.
4. If you have any problems with your prep, call the office at (256) 766-0150 and ask to speak with your doctor's nurse: _____. She will be able to help you with any questions or problems you may have.
5. You may brush your teeth the following morning, but do not swallow any water and do not take any medications or chew any gum until after your procedure.
6. Do not take any aspirin products or arthritis medications 7 days prior to your procedure. Stop _____ on _____. You may take Tylenol.
7. Someone needs to come with you the morning of your procedure to drive you home because the medication you receive will impair your ability to drive. **If you do not have a driver and someone to stay with you, your procedure will have to be rescheduled.**
8. The day before your procedure _____ you need to call Pre-Admitting at ECM between the hours of 10:30 a.m. and 7:00 p.m. to pre-register for your procedure. The phone number is (256)768-8030. You will need the name of your health insurance company(s) and the contract number(s).
9. You will need to bring all medications taken on a daily basis with you the morning of your procedure. If possible, diabetic patients should check their blood sugar before coming to the endoscopy unit.
10. **Be at the endoscopy unit at 5:45 a.m. on the day of your procedure.**

Clear Liquid Diet

Things that are included on a clear liquid diet:

Water

Coffee – you may have 1 cup with a liquid breakfast, then no more coffee

Tea

Any type of clear soft drink (7 Up, Mountain Dew, Sprite, Ginger ale)

Chicken bouillon or broth

Beef bouillon or broth

Kool aid popsicles (no red or grape)

Jello, plain, any flavor except red or grape

Apple juice

Lemonade

White grape juice

Things that **are not** included on a clear liquid diet:

Milk

Milk shakes

Ensure

Slim fast

Any solid food

Any soup with solid material such as noodles

Any creamed soup

Do not take any of the following products for 7 days prior to surgery

Cough and cold preparations:

Aspergum	Contact
Alka-Seltzer Plus	Dristan
Bayer Decongestant	Emagin Forte
Bayer Children's Cold Tablets	Purrpxate
BC All Clear	Sine-off
Congesprin	St. Joseph Cold Tablets
Coricidin	Super Anahist
Coricidin "D"	Ursinus
Coricidin Demilets	4 Way Cold Tablets
Coricidin Medilets	Triaminicin

Menstrual products:

Femcaps
Midol
Pamprin
Tranquil

Sleep products:

Nytol capsules/tablets
Quiet World tablets
Sominex

Analgesics (pain tablets):

Advil	Ecotrin
Alka-Seltzer Effervescent	Emagrin
Anacin	Emagrin Compound
Arthritis Pain Formula	Excedrin
Arthritis Strength Bufferin	Excedrin P.M.
Arthropan Liquid	Fiorinal
ASA Compound	Fizprin powder
Ascriptin	Goody's Headache Powder
Ascriptin A/D	Ibuprofen
Aspergum	Measurim
B/A	Motrin
Bayer Aspirin	Nilan

Bayer Children's Aspirin
BC Tablets and Powders
Buffarin
Capron Capsules
Congesprin Chewables
Cope
Dolcin
Dolor
Duradyne
Duragesic
Naproxen Sodium
Anaprox

Pabirin/Panodynes
Persistin / PAC
Sal-Fayne Capsules
Vanquish Caplets
Zactin
PAC Percodan
Phenaphen
Phensol
Robasixal
Nuprin
Aleve

Blood Thinners:

Coumadin, Trental, Heparin, Ticlid, Plavix, Mobic