

## Colonoscopy Split Prep Instructions

A Colonoscopy is a procedure that enables your physician to examine the lining of the colon (large bowel) for abnormalities by inserting a flexible tube with a camera on the tip into the anus and advancing slowly through the rectum and entire colon.

### Prior to your procedure :

- CALL your referring physician if you are diabetic to discuss the clear liquid diet required and your insulin or oral medication schedule.
- CALL your referring physician to receive instruction on stopping/bridging your blood thinners such as: Warfarin (Coumadin), Heparin, Lovenox, Plavix, Pradaxa, Xarelto, or Eliquis. **Continue** taking Aspirin.
- 5 Days prior: No nuts, seeds, popcorn, corn.

### Purchase the Bowel Prep from your Pharmacist:

- Pharmacy prescribed Bowel Prep RX (optional flavoring with Crystal Light – no red or purple color )

### The DAY BEFORE your procedure:

- Drink plenty of CLEAR liquids ONLY for the ENTIRE day  
ALLOWED clear liquids are water, bouillon, chicken broth, black coffee, Gatorade, Jello, popsicles, sports drinks and soft drinks.
- NO SOLID FOODS
- Do NOT consume anything red or purple in color, anything with dairy products, or any alcoholic beverages.
- Mix Bowel Prep with water according to package directions and chill in refrigerator.
- Afternoon begin drinking bowel prep = 8 ounces every 10-15 minutes, completing  $\frac{3}{4}$  of the prep within 5 hours.

### The DAY OF your procedure:

- In the morning continue drinking  $\frac{1}{4}$  Bowel Prep at least 4 hours before procedure.
- STOP all clear liquids 3 hours before your procedure
- Take all routine blood pressure, heart, and seizure medications with a sip of water
- A RESPONSIBLE ADULT (18 years or older) MUST accompany you and remain with you to DRIVE YOU HOME from your procedure due to sedation effects.

(4/30/19)



Your procedure is scheduled with Dr. \_\_\_\_\_

On \_\_\_\_\_ at \_\_\_\_\_

Please arrive one (1) hour prior to your procedure at \_\_\_\_\_ AM/PM

When you arrive for your procedure, you will be asked to show a government-issued driver's license, passport, or identification card. Your procedure will be **CANCELLED** if you do not have your ID with you.

To Emory Clinic Endoscopy Center located at:

\_\_\_\_\_ 1365 Clifton Road Building B, 1<sup>st</sup> Floor, Atlanta, GA 30322

\_\_\_\_\_ 4555 North Shallowford Road, Dunwoody, GA 30338

\_\_\_\_\_ Emory University Hospital, 1364 Clifton Road, 3<sup>rd</sup> Floor (AB elevators)  
Atlanta, GA 30322

\_\_\_\_\_ Emory St. Joseph's Hospital, 5665 Peachtree Dunwoody Rd.,  
1<sup>st</sup> Floor, Admissions desk, Dunwoody, GA 30342

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If you need to reschedule or cancel your appointment, please call at **least 2 business days** in advance to avoid a **\$100.00** charge.  
Call 404-778-3184 with any schedule changes.

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