

# Getting Ready for Your Colonoscopy


"One and Done"

Let's do This Once and Do it Right!

Inside, you will find:

- Instructions on how to prepare
- More information about your colonoscopy
- Answers to commonly asked questions

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>> Help us Help You! <<

If you follow these instructions, then you'll give your doctor the best chance of doing this right the first time. That way you won't need to repeat the test. Let's make this "one and done" together.

## About this Booklet

- You've been scheduled for a colonoscopy. **Colonoscopy can find cancer and can save lives.** This booklet will help you get ready.
- We know it can be challenging to get ready for a colonoscopy. We also know that you may have many questions about the test. We created this booklet to help answer your questions.
- After you read this booklet, go to page 19 and **complete the checklist** as you prepare for your procedure.

## About Colon Cancer

- **One out of every 16 Americans will get colon cancer.**
- If colon cancer is found early, then most people live. If colon cancer is found late, then only 5% of people will live.

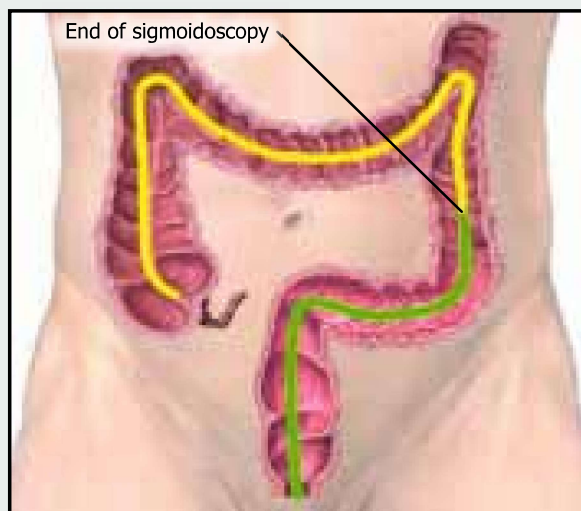
## About Getting Ready

- The MOST IMPORTANT thing you can do is to empty out your colon by carefully following the diet described in this booklet.
- By now you should have received "bowel prep" medicine in the mail. If you have not, call this number: **419-227-8209.**
- We want to help you get ready. If you come in with your colon properly emptied out, then we can make this "ONE AND DONE."  
**"One and done" means just that: let's do this once, do it right, and then be done. Then we won't run the risk and inconvenience of asking you to come back and repeat the test.**

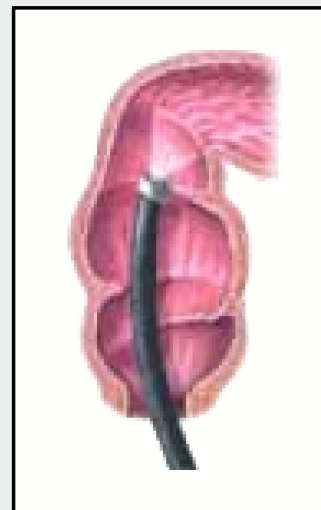
## How does a colonoscopy work?

- The purpose of a colonoscopy is to look inside your large intestine (colon) for polyps, cancers, ulcers, and other conditions.
- Just before the procedure starts, you will receive some medicine to make you sleepy.
- Most people do not remember having the procedure.
- The doctor will pass a flexible tube from below. The tube has a small camera and a headlight which allow the doctor to see the inside of your colon on a TV monitor.
- The doctor can take biopsies of abnormal areas, and can also remove polyps. You will wake up shortly after the test is over.

Here is a picture of how it works. The scope bends as it passes through the colon. The headlight provides light so the doctor can see. The scope is passed through the whole colon. It goes farther than a sigmoidoscopy, which only looks at half the colon.



A sigmoidoscopy only examines the lower third of the colon; colonoscopy examines the entire length.



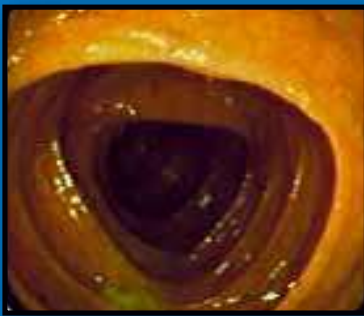
The end of the type of scope used for colonoscopies.

## Why is it Important to Get Clean on the Inside?

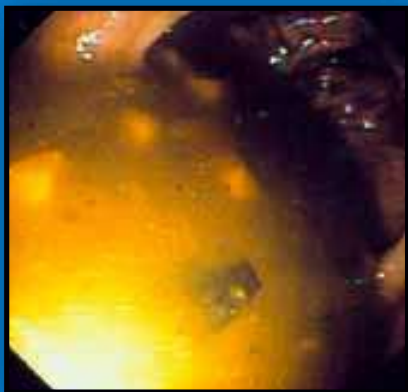
Your doctor must be able to see in order to do the test right. If it is dirty on the inside, then your doctor may not see important things, like polyps or cancer, and may even have to do the test again. That would mean you would have to start over, and nobody wants to do that. So help us help you to make this "one and done."

### Imagine This:

Think of it this way: a clean colon is like driving on a country road on a sunny day. A dirty colon is like driving in a snow storm.



When your colon is clean, doing the colonoscopy is like driving on a country road on a sunny day. It's easy to see and easy to drive.



When your colon is dirty, doing the colonoscopy is like driving on a winter road in a snow storm. It is hard to see and hard to drive.

# TWO DAYS BEFORE Your Colonoscopy








## What you Eat

- Look on a calendar and find the day of your test. Now go back TWO DAYS before your test. On that day, you will eat a regular breakfast.
- After that, you will eat a regular lunch.
- You will have clear liquids for dinner. Go to Page 9 for a list of things you can eat.

## What you Drink

- For breakfast and lunch, you may drink whatever fluids you normally drink. But after lunch, you must only drink clear liquids. Go to Page 11 for a list of things you can drink.
- Be sure to drink at least **6 tall glasses** (at least **8-10 ounces** each) of clear liquids in the afternoon. Go to page 13 to find out what a "clear liquid" is.

## Two Days Before Your Colonoscopy

Time of Day	What you Eat	What you Drink
<p><b>Morning</b></p> 	<p>Eat regular breakfast.</p> 	<p>No restrictions on what you drink in the morning.</p>
<p><b>Afternoon</b></p> 	<p>Eat regular lunch.</p> 	
<p><b>Evening</b></p> 	<p>Clear liquid diet for dinner. <u>No solid food.</u></p> 	<p>After lunch, drink at least <b>6 tall glasses</b> of <u>clear</u> liquids throughout the afternoon and evening (see page 9).</p>

# ONE DAY BEFORE Your Colonoscopy

## What you Eat

- You must **not** eat any solid foods the day before your colonoscopy. You may only eat a clear liquid diet. Go to [page 9](#) for things you can eat.

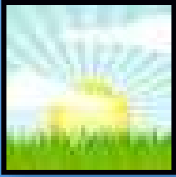


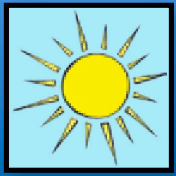






## What you Drink

- You must drink **only clear liquids** for breakfast, lunch, and dinner,
- Be sure to drink at least **12 tall glasses** (at least **8-10 ounces** each) of clear liquids throughout the day **in addition** to what is instructed for your bowel prep.

## Taking your "Prep"

- You should already have your "bowel prep" medicine. If not, call: **419-227-8209**
- The instructions for your prep are **included with this mailing**. You will start taking the prep the evening before your test. **Follow the directions carefully.**
- You will take the second part of the prep the morning of your test starting 7 1/2 hours before the scheduled time of your colonoscopy. If your procedure is in the morning, then this means you will have to get up very early to take this part of your prep. We know it is hard to get up this early, but it is very important that you take the prep as directed in order for the prep to work.
- How do you know if your prep is working? Go to [page 14](#) to find out.

## One Day Before Your Colonoscopy

Time of Day	What you Eat	What you Drink
<b>Morning</b> 	Clear liquid diet for breakfast. <u>No solid food.</u> 	Drink at least <b>4 tall glasses</b> of clear liquids. 
<b>Afternoon</b> 	Clear liquid diet for lunch. <u>No solid food.</u> 	Drink at least <b>4 tall glasses</b> of clear liquids. 
<b>Evening</b> 	Clear liquid diet for dinner. No solid food. Take first dose of your prep medicine as directed.  	Drink at least <b>4 tall glasses</b> of clear liquids. 

# DAY OF Your Colonoscopy

## What you Eat

- You must **not** eat any solid foods prior to your colonoscopy, even if your colonoscopy is scheduled for the afternoon.
- You can eat a regular diet once you are fully awake after the test is over.








## What you Drink

- You must drink only clear liquids prior to your colonoscopy.
- Be sure to drink at least 2 tall glasses (at least 8-10 ounces each) of clear sports drink (like Propel® Fitness Water or clear Gatorade®) prior to your colonoscopy.

## Taking Your Prep

- You must take the second part of your prep the morning of your test.
- Be sure to take it 7 1/2 hours before your test, even if that means having to get up very early.

## Day of Your Colonoscopy

Time of Day	What you Eat	What you Drink
<b>Morning</b> 	Clear liquid diet for breakfast. No solid food.  <div style="border: 1px solid black; padding: 5px; display: inline-block;">             Report for              your scheduled              colonoscopy           </div>	Drink <u>2 tall glasses</u> of clear sports drink (like Propel® Fitness Water or Clear Gatorade) before your colonoscopy. Drink at least <u>8-10 ounces</u> per glass.
<b>Afternoon</b> 	Regular meal <u>after</u> colonoscopy is done. 	
<b>Evening</b> 	<b>YOU'RE DONE!</b> Regular meal for dinner. 	<b>YOU'RE DONE!</b> No more restrictions on what you drink.

# What are OK Foods to Eat?



Clear broth - OK



Flavored gelatin - OK



Popsicles - OK

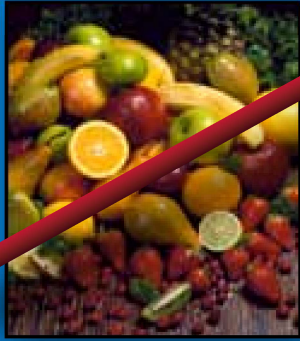


Honey - OK

>> What about Red Food? <<

It is best to avoid RED colored foods.

# What Foods are NOT OK to Eat?



No fruits - Not OK



No vegetables - Not OK



No soups with vegetables,  
noodles, rice, meat or  
other chunks of food -  
Not OK



No milk and dairy  
products - Not OK



No breads, grains, rice,  
cereals - Not OK



No meats - Not OK

# What Drinks are OK?



Water and mineral water - OK



Apple juice - OK



Tea - OK



Black coffee - OK



Clear sports drink  
(like Propel® Fitness Water or  
clear Gatorade®) - OK

## What Drinks are NOT OK?



No orange juice - Not OK



No pineapple juice -  
Not OK



No milk - Not OK



No Coffee with Cream  
- Not OK



No milkshakes - Not OK

>>What about Alcohol?<<

Although alcohol is a clear liquid, it can make you dehydrated. You should NOT drink alcohol during the preparation for your test.

## What is a "Clear Liquid"?

- As you get ready for your colonoscopy, you must only drink clear liquids.
- A liquid is "clear" if you can read something through it. Use this simple test to figure out what you can drink, and what you cannot drink.



This is orange juice. It's not clear, because you can't read newspaper print through it. Don't drink this.



This is pineapple juice. It's also not clear. Don't drink this.



This is apple juice. You can read newspaper print right through it. You can drink this.

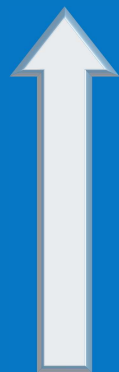
## How Do You Know When Your Prep Is Working?

- The stool coming out should look like the stuff you are eating and drinking - clear and without many particles.
- You know you're done when the stool coming out is yellow, light, liquid, and clear - like urine.

### Here's a Guide:



Brown and murky  
NOT OK



Light orange and  
mostly clear  
Almost There



Dark and murky  
NOT OK

Dark orange and  
semi-clear  
NOT Okay

Yellow and clear,  
like urine  
You're Ready!

# Answers to Common Questions

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## Can I drive myself home after my colonoscopy?

- **NO**. You will receive medication to make you sleepy during the test. That means **you cannot drive home**. You must arrange for someone to drive you home after the test.
  - You may use public transportation (taxi or bus), but only if you have an adult escort.
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## How long will the test take?

- The test itself usually takes 10-30 minutes. But expect to spend at least **2 1/2 hours** at the Endoscopy Center to have the test and to recover from any sleeping medicine.
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## What if I take blood pressure medicines?

- If you take blood pressure medicine, be sure to **still use the medicine** while preparing for the test. On the day of your test, you should take your blood pressure medicine with a sip of water before 6:00 AM.

## My prep hasn't started working yet. Is that OK?

- People respond differently to the bowel prep - some people start having diarrhea within minutes of taking the prep, while others have no response for an hour or more.
- If you have waited more than 3 hours without a response, then it may not be working well. Be sure you are drinking enough fluid, as instructed on page 6. If that doesn't work, take the second part of your prep and continue to drink fluids.
- If the prep still has not worked after 4 hours, call the on-call doctor at 419-227-8209 for further instructions.
- Multiple bowel movements will occur and may continue for several hours after you have finished drinking the solution. Your stools should become clear of solid matter.

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• You will have lots of **diarrhea** from the bowel prep. This will start anywhere between a **few minutes to 3 hours after you start the prep**. You will spend a lot of time on the toilet once you start taking the prep. So plan to be home, and plan to be near a toilet.

• Most people have **bloating and abdominal discomfort**. This is normal. Do not be alarmed if you feel these symptoms.

• Many people have **nausea**. This is normal. However, if you are severely nauseous take a 1 hour break then resume drinking the remainder of the bowel prep.

• Some people do not like the taste or smell of the medicine. Please do not let this get in the way of taking the medicine as directed.

• Rarely, some people **throw up** while taking the prep. If this happens, **stop taking the prep** and call the **on-call doctor** at 419-227-8209.

## Colonoscopy Prep Facts

- It is important to drink plenty of water and other CLEAR LIQUIDS throughout the day in order to avoid dehydration and to flush the bowel. You are to remain on CLEAR LIQUIDS up to midnight; after midnight take nothing by mouth until after your procedure. If you are scheduled for an afternoon procedure you may have Clear Liquids until 6 hours prior to your arrival time.
- Tucks/baby wipes and Charmin Plus® toilet tissue may help with irritation after the numerous bowel movements.
- Two business days prior to your procedure we will call you with the arrival time for your procedure; you do not have to arrive any earlier than the time that is given.
- Should you not receive this call please call 419-227-8209 prior to starting your prep.
- If you reschedule your procedure, check to see if you need new prep instructions.
- Please bring your Allergy and Medication Lists with you on the day of the procedure.
- Please bring your insurance card and a photo ID on the day of the procedure.
- Please check with your insurance company to see if you need a referral.

## What if I have other questions?

If you are having any trouble preparing for your test, or have questions about this booklet, you may call this number between the hours of 8:00 AM and 4:30 PM, Monday through Thursday and 8:00 AM and 4:00 PM, Friday: **419-227-8209**.

Leave a message if there is no response, and you will be called back. If you call after hours, then you will be called back the next day.

# Colonoscopy Checklist

Here's a checklist of things to do as you prepare for your colonoscopy. As you do each one, check it off the list by marking an "X" in each box. Make sure each box has been checked prior to coming in for your procedure.

## Before you Start

- Read the booklet carefully.
- Make sure you have your bowel prep kit. If not, call your doctor.

## Two Days Before your Colonoscopy

- Eat breakfast - regular solid food okay.
- Eat lunch - regular solid food okay.
- Eat dinner - clear liquids only, no solid foods.
- Drink at least 6 tall glasses of clear liquids throughout the afternoon and evening.

## One Day Before your Colonoscopy

- Eat breakfast - clear liquids only, no solid foods.
- Eat lunch - clear liquids only, no solid foods.
- Eat dinner - clear liquids only, no solid foods.
- Take bowel prep in afternoon/evening as instructed.
- Drink at least 12 tall glasses of clear liquids throughout the day.

## Day of your Colonoscopy

- Report for your colonoscopy as instructed.