Your appointment is on: __________________ at ____________. Please arrive to register 45 minutes prior to your scheduled time.

You will need to have a responsible adult driver to drive you home. The responsible adult/driver must remain at the facility during the entire procedure process.

Help us help you!
You’ve been scheduled for a colonoscopy at the Digestive Health Center. Our locations include 500 Monroe Lane and the University of Virginia Medical Center (see insert for directions).

About this Guide
A Colonoscopy can find cancer and save lives. This guide will help you get ready. We know it can be challenging to get ready for colonoscopy. We also know that you may have questions about the test. We created this guide to help answer your questions. After you read this guide, go to page 5 and complete the checklist as you prepare for your procedure. Please let us know any questions or concerns.

About Getting Ready

The MOST IMPORTANT thing you can do is to empty out your colon by following the diet described in this booklet and taking the “bowel prep” medicine prescribed by your doctor. We want to help you get ready. If you come in with your colon properly emptied out, we won’t run the risk, cost and inconvenience of asking you to come back and repeat the test.

Why Is It Important To Get Cleaned Inside?
Your doctor must be able to see in order to do the test right. If it is “dirty” on the inside, your doctor may not be able to see important things like polyps or cancer and you may need to do the test again. That means you would have to start over. We want to avoid that. 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 snowstorm.

This Guide contains:
- Detailed preparation instructions for your prescription;
- Frequently asked questions;
- A Checklist to use to ensure your preparation is complete.
Preparation Instructions

Prescription:
If your doctor sent your prescription to the pharmacy at your clinic visit please pick the prescription up within 7 days of your clinic visit. If you need to take a paper prescription to the pharmacy please do so 5 days before your colonoscopy.

5 days before colonoscopy:
- Start a low fiber diet. You should eat foods that include pasta, white bread, eggs, well-done meats, applesauce, bananas, and dairy products.
- **AVOID** fruits and vegetable skins and seeds, no corn, popcorn, nuts, oatmeal, or whole grain foods.
- Do not take iron or vitamins with iron.
- Have plenty of clear liquids available at home.
- You **CAN NOT** drive yourself home. **The responsible adult/driver must remain at the facility during the entire procedure process.** They can sit with you during the preparation phase and during the recovery phase. This will also allow them the opportunity to speak with the physician, who will review the procedure findings.
- Buy soft toilet paper, moist wipes, or external ointment, if desired for comfort.

1 day before colonoscopy:
**In the morning** - Add water to the powder in the jug, Mix well. Refrigerate.
(Do not follow directions on the bottle. Follow directions given to you by your doctor or nurse)

- **Eat no food** - You must NOT eat any solid foods the day before your colonoscopy. You may only have a clear liquid diet.
- **What You Drink** - You must drink only clear liquids for the entire day. Be sure to drink at least 12 tall glasses (about 8 to 10 ounces each) of clear liquids throughout the day in addition to what you have to drink with your bowel prep.
- **What are clear liquids?** Any liquid you can see through if diluted with water. Examples include, soft drinks, water, black coffee, tea, apple juice, clear sports drinks, broth, gelatin, non-dairy popsicles. **Liquids that are NOT OK:** Milkshakes; coffee with creamer; juices with pulp such as pineapple, orange, tomato juice; milk or dairy products; beer; wine; or liquor.
- **Avoid all alcohol. Avoid liquids that are red or purple in color.**
At 5:00pm
- Pour one 6 ounce bottle of liquid into mixing container.
- Add cold water to the 16 ounce line on the container and mix.
- Drink all the liquid in container.
- You must drink 2 more 16 ounce containers of water over the next hour.

**Day of colonoscopy:**
You may drink clear liquids (NO SOLID FOOD, candy, jello or broth) up to 2 hours before your scheduled colonoscopy time. Diarrhea may continue if you drink, so stay near a bathroom.

**Finish the second half of prep solution 3 hours before you leave home.**
**DO NOT EAT OR DRINK for 2 hours** before your procedure is scheduled.

**Frequently Asked Questions:**
**Is My Prep Working?**
The bowel movement coming out should look like fluids you are drinking – clear without many particles. You know you are done when the bowel movement coming out is yellow, light, liquid, and clear, like urine.

**Can I drive myself home after my colonoscopy?**
No. For your comfort, you will receive sedation during your procedure. You will need to have a responsible adult take you home. **He or she must be with you when you register and must remain in the facility until you are discharged.**

**Why do I need my CPAP machine?**
Sedation or anesthesia during your procedure is like sleeping but much deeper. Medicines used during sedation and anesthesia can decrease your respiratory drive and relax tissues used to keep your airway open – thus, it is very important to use your CPAP during the procedure to maximize you breathing safely. This is true even if you rarely use your CPAP.

**How long will the test take?**
The test itself takes about 45 minutes. Expect to spend about 2-3 hours at UVA. After you arrive at the colonoscopy unit we will prepare you for your test and after the test we will help you recover.

**What are the effects of the “bowel prep?”**
You will have lots of diarrhea from the bowel prep. This will start anywhere from a few minutes to 3 hours after you start your 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 also normal. 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 you throw up, stop taking the prep and call the UVA Endoscopy Unit at 434-982-0225.

My prep hasn't started working yet. Is that OK?
Different 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. If that doesn’t work, drink the second part of your prep and continue to drink fluids. It should work eventually. Call the UVA Endoscopy Unit at 434-982-0225 if the medicine is still not working at all despite drinking enough fluid and taking the medicine as prescribed.

Can I take my regular medications?
You may be asked to stop certain medications before your colonoscopy. If you are taking any of the medicines below, please talk to your doctor about how to safely change your medication routine. Make sure to talk to your doctor before stopping or starting any medication. If you have diabetes, ask your doctor to give you special instructions (about Insulin).

Below is a list of common medications that you may be asked to hold or stop for up to one week before your colonoscopy:

- **Iron or Multi-vitamins that contain Iron**
- **Anti-Inflammatories/NSAIDs**: Ibuprofen, Aspirin, Naproxen and brands such as Motrin®, Advil®, Aleve®, Naprosyn®
- **Prescription Blood Thinners**: Plavix® (clopidogrel), Coumadin® (warfarin), Eliquis®, Xarelto®, Pradaxa®

Most other medicines are safe to take the morning of your colonoscopy with some water.

Notes about my medicines or other questions:

What if I have other questions?
If you are having any trouble preparing for your test, or have questions about this guide, call the UVA Endoscopy Unit at the hospital and Monroe Lane at 434-982-0225 or your regular doctor.

Thank you for choosing the University of Virginia Digestive Health.

My Colonoscopy Checklist for ________________

Instructions
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 to the hospital.

Before you start:
- Pick up your bowel prep prescription kit SUPREP® from your pharmacy within **7 (seven) days** from when it was prescribed.
- Read this Prep Guide carefully.
- Make sure you have your bowel prep kit; if not, call your doctor.
- Review your regular medicines:
  - Talk to your doctor about any special medicine instructions (especially if you take blood thinners). If you have diabetes we may give you special instructions to follow.

Five days before your colonoscopy:
- Start a low fiber diet.
- Stop blood thinners as instructed by your doctor.
- Stop iron or vitamins that contain iron.
- Arrange a ride home with a friend or family member.
- Have plenty of clear liquids available at home.
- If you wish, buy soft toilet paper, moist wipes or external ointment.

One day before your colonoscopy:
- Have only clear liquids, 1-2 glasses per hour.
- Do not eat solid foods or milk products, all day.

At 5:00pm
- Pour one 6 ounce bottle of liquid into mixing container.
- Add cold water to the 16 ounce line on the container and mix.
- Drink all the liquid in container.
- You must drink 2 more 16 ounce containers of water over the next hour.
- Stay close to a bathroom.

Day of your colonoscopy:
- Start prep so that you finish drinking it 3 hours before your procedure time.
- Pour one 6 ounce bottle of liquid into mixing container.
- Add cold water to the 16 ounce line on the container and mix.
- Drink all the liquid in container.
- You must drink 2 more 16 ounce containers of water over the next hour.
- You may drink clear liquids for up to 2 hours before coming to UVA – then do not eat or drink anything.
- Wear comfortable clothes.
- Come to UVA for your colonoscopy when and where instructed.
- Arrive on time with your responsible adult.
- **You MUST** Bring your CPAP machine if you have sleep apnea.