

Colonoscopy Prep Checklist

Put this document in an easy-to-spot place to follow along as you prep for your colonoscopy. For more details, please refer to your preparation packet.

If you have any questions, please contact our office at 804-330-4021

5 – 7 DAYS BEFORE YOUR COLONOSCOPY

- ✓ If you have not picked up your prep solution, contact your pharmacy to fill. **You will also need to buy Gas-X (simethicone) tablets, which are available over the counter. Make sure to get 3 tablets of 125 mg each.**
- ✓ Begin a low-fiber diet. Avoid raw vegetables, lettuce, small seeds, nuts, and corn.
- ✓ Stop taking iron, including multivitamins that contain iron.

THE DAY BEFORE YOUR COLONOSCOPY



Tip: We recommend adding reminders or alarms on your cell phone to keep track of what you need to do and at what time.

- ✓ You will be on clear liquids all day – **no solid food**. These liquids include:
 - Electrolyte replacement drinks like Gatorade, Pedialyte, or Powerade
 - Carbonated drinks, like sodas or non-alcoholic seltzers
 - Clear broth or bouillon – any type
 - Black coffee or tea (no milk or dairy creamers), hot or iced
 - Kool-Aid or other fruit-flavored drinks
 - Strained fruit juices (no pulp)
 - Jell-O, popsicles, hard candy
- ✓ Confirm your driver knows what time you need to arrive.
- ✓ Follow all instructions on the back of this page on when to begin drinking solution.
- ✓ It is very important to drink as much of the prep as you can in order to clear the bowels and be able to get the procedure completed. If you begin to feel nauseated while drinking the prep, just slow down your drinking and continue the best you can. This symptom should pass once you begin to evacuate your bowel. The goal is to complete the prep, if it takes you a bit longer than the instructions direct, it takes a little longer. The important thing is to finish the prep. Your procedure may be cancelled or re-done if your prep is not satisfactory.
- ✓ Chew and swallow Simethicone tablets while drinking 2nd half of your solution to help with discomfort.



- **No items with red dye**
- **No alcohol**

THE DAY OF YOUR COLONOSCOPY

- ✓ You must finish all the prep solution, even if you are passing clear liquid.
- ✓ Take your normal medications with a small sip of water. You will need to arrive ahead of your appointment time for registration. The arrival time depends on where your procedure is scheduled. The arrival time is included in your appointment information.
- ✓ Please dress comfortably and leave valuable items at home or with your driver.
- ✓ Continue to hydrate until 4 hours before your appointment arrival time! **You cannot drink anything starting 4 hours before your appointment arrival.**

PEG 3350, Golytely, Nulytely, Trilyte, Gavilyte, or Any Other 4 Liter Prep:

Mix the prep solution with water per the instructions on the bottle. You can add lemon Crystal Light flavoring if you want to help with flavor. Once mixed, refrigerate the solution until time to start.

The night before your procedure, beginning at 5:00 p.m., start drinking the first 2 liters of the solution. Drink an 8 oz. glass every 15 minutes until done. You can begin drinking the solution later if needed as long as you are done drinking the first two liters by 10:00 p.m.

Beginning 6 hours before your appointment time, begin drinking the second 2 liters of the solution. Drink an 8 oz. glass every 15 minutes until done.

Clenpiq:

This solution does not need to be mixed or diluted. Do not freeze.

At 6:00 p.m., the night before your procedure, begin drinking the first bottle of Clenpiq.

Between 6:00 p.m. and 9:00 p.m., you must drink **4** more 16-oz glasses of clear liquids of your choice.

Beginning 6 hours before your procedure, drink the second bottle of Clenpiq. Drink **2** more 16-oz glasses of clear liquids over the next hour.

Suprep: Not suitable for patients with kidney disease

You can begin later as long, as there is a minimum of 4 hours between doses. Do not premix and refrigerate.

At 6:00 p.m., pour (1) 6 oz. bottle of SUPREP® liquid into the mixing cup included. Add water to the 16 oz. line on the cup and mix. Drink all of the liquid in the mixing cup.

Between 6:00 p.m. and 9:00 p.m., you must drink **4** more 16-oz glasses of clear liquids of your choice.

Beginning 6 hours before your procedure, pour (1) 6 oz. bottle of SUPREP® liquid into the mixing cup included. Add water to the 16 oz. line on the cup and mix. Drink all of the liquid in the mixing cup. Drink **2** more 16-oz glasses of clear liquids over the next hour.

Sutab: Not suitable for patients with kidney disease

You can begin the prep later the night before, as long as there are a minimum of 4 hours between doses.

At 6:00 p.m. the night before your procedure, open the first bottle of 12 tablets and begin swallowing with sips of 16-oz clear liquids in the included cup. You will need to take all of them. Once you are done, you need to drink **3** more 16-oz glasses of clear liquids before bed.

Beginning 6 hours before your procedure, open the second bottle of tablets and begin swallowing with sips of 16-oz clear liquids in the included cup. You will need to take all of them. Once you are done, you need to drink **3** more 16-oz glasses of clear liquids over the next 2 hours.