

# Colorectal Surgery Associates, P.C.

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## INSTRUCTIONS FOR FLEETCOLONOSCOPY PREP

**TWO WEEKS BEFORE COLONOSCOPY:** Stop herbal and weight loss pills

**ONE WEEK BEFORE COLONOSCOPY:**

- PURCHASE "FLEET PREP KIT #3" FROM YOUR PHARMACY.
- Read "24 hour Instructions" that is inside the prep kit and become familiar with them.
- Please note: OUR PATIENTS ARE ONLY TO HAVE CLEAR LIQUIDS THE DAY BEFORE THEIR COLONOSCOPY. NO FOOD ALLOWED-(NO 'LIGHT BREAKFAST' AS MENTIONED IN THE PRINTED INSTRUCTIONS INSIDE THE PREP KIT.)
- **ONE WEEK BEFORE COLONOSCOPY STOP THE FOLLOWING MEDICATIONS:**
- COUMADIN
- Plavix
- Aspirin (YOU MAY TAKE TYLENOL)
- Fish Oil
- Vitamin E
- Cardiotabs
- Lovenox
  
- **PLEASE NOTE:** IT IS THE PATIENT'S RESPONSIBILITY TO NOTIFY THE DOCTOR WHO PRESCRIBED THE ABOVE MEDICATIONS THAT YOU ARE HAVING A COLONOSCOPY. IT IS NECESSARY TO STOP THESE MEDICINES FOR 1 WEEK AS THEY HAVE BLOOD THINNING CAPABILITIES AND MAY INTERFERE WITH CLOTTING. Please ask the prescribing doctor to call our office if stopping the above medicine for 1 week isn't advisable.
  - PLEASE MAKE ARRANGEMENTS FOR SOMEONE TO DRIVE YOU HOME AFTER THE COLONOSCOPY. (PUBLIC TRANSPORTATION OR WALKING IS NOT ALLOWED). YOUR COLONOSCOPY WILL BE CANCELED IF YOU DO NOT HAVE A DRIVER.
  - PLEASE CALL OUR OFFICE 816-941-0800 WITH SPECIFIC QUESTIONS ABOUT YOUR MEDICATIONS.
  - **DIABETIC PATIENTS:** Please speak with your physician that treats your diabetes regarding any possible change in the dosage of your insulin or oral hypoglycemic agents on prep day and procedure day.

**24 HOURS BEFORE COLONOSCOPY:**

- Follow the "24 hour instructions" in Fleet Prep Kit #3 (except do not have any solid food)
- There are 3 laxative products included in the kit (Fleet Phospho Soda liquid, Bisacodyl tablets and Enema).
- Take the above products at the times listed on the 24 hour instruction sheet.
- Drink at least 8 ounces of approved clear liquids (see list on instruction sheet) every hour-nothing red or purple in color.
- Take your regular medicines (omit diuretics as you will lose fluid with the bowel prep. Also omit fiber and stool softener on prep day).

- Diabetics should follow directions of their diabetic doctor about dosage of insulin or oral hypoglycemic agents on prep day.

**DAY OF PROCEDURE:**

- Patient may have clear liquids up until 4 hours prior to their time of procedure. **Have nothing by mouth after that.**
- Patient may take heart, lung, blood pressure, or seizure medicine with sip of water per regular routine prior to colonoscopy. **NOTIFY THE NURSE IN THE GI LAB WHAT MEDICATIONS YOU HAVE TAKEN TODAY.**
- **SPECIAL INSTRUCTIONS FOR DIABETICS:** Your insulin or oral hypoglycemic dosage may need to be adjusted during your prep and on the day of procedure. Please call your primary care physician and get instructions on changes in your regular routine.
- **Report to hospital as instructed above.**

**AFTER THE COLONOSCOPY:**

- Sedation is given during the colonoscopy. **YOU CAN NOT DRIVE YOURSELF HOME. YOU MUST HAVE SOMEONE DRIVE YOU HOME.**
- If the doctor took any biopsies or removed any polyps, please call our office in one week for results (816-941-0800).
- Someone should stay with you at least 6 hours after discharge from the hospital.
- On the day of the colonoscopy you should not drive, use heavy machinery, or sign legal documents.
- You may resume your normal activities the next day.
- Resume all medications except Aspirin or Aspirin containing products for 7 days if polyps were removed during your colonoscopy. The use of aspirin may increase the chances for bleeding after removal of polyps.

**PLEASE CALL OUR OFFICE WITH ANY QUESTIONS (816-941-0800)**