

Colonoscopy Split Dose PREP INSTRUCTIONS

To ensure a successful exam, please follow all instructions carefully.

- **If you must cancel or reschedule your appointment, please call 678-985-2000 (72) hours prior to your scheduled appointment. There is a \$100.00 cancellation fee if you fail to cancel 72 hours in advance.**

- **SPLIT DOSING BOWEL PREP**

Split dose bowel preparation consists of drinking half of your colon cleanse the evening before your colonoscopy and the other half on the morning of the procedure. Split dosing decreases the likelihood that the procedure will need to be canceled and rescheduled because of a poor cleansing. Note that this may require you to awaken early in the morning in order to complete the prep. Although inconvenient, **the correct timing of drinking the prep is critical to obtaining a good colon preparation.**

- You will be receiving IV (intravenous) sedation. You MUST have an adult companion (family member or friend) remain with you at the facility and to drive you home. You are not allowed to drive or leave the facility alone. Public transportation by yourself (taxi, Uber etc.) is not allowed.

If you fail to arrange acceptable transportation, your procedure will need to be rescheduled. No DRIVING the day of your procedure.

- **DAILY MEDICATIONS**

If you are taking Warfarin (Coumadin, Jantoven), Plavix (clopidigrel) Aspirin, Xarelto, Brilinta, Pradaxa, Eliquis, Effient, Lovenox or other blood thinners, consult with your prescribing physician to discuss the management of these medications **at least 2 weeks before your colonoscopy. DO NOT STOP** these medications without the consent of your physician.

If you take medication for high blood pressure, seizures, asthma, thyroid disease, irregular heart beat or prednisone, you **must take your medications at 5 am.**

Stop taking non-steroidal anti-inflammatory drugs (i.e. Ibuprofen, Advil, Motrin, and Aleve) 5-7 days prior to your exam.

- **DIABETICS**

If you use multiple medications to control your blood sugar, use insulin or have an insulin pump. Consult your Endocrinologist or prescribing physician at least 2 weeks before your procedure to discuss management of your medications during your preparation and the day of your procedure.

If you take oral medications to lower your sugar, **DO NOT** take these medications on the day of colon prep or the morning of your exam.

- **CLEAR LIQUID**

Allowed Clear liquids	Non-Clear liquids NOT ALLOWED
Gatorade, Pedialyte or PowerAde	Red or purple items of any kind
Coffee, tea (no milk or non-dairy creamer)	Alcohol
Carbonated and non-carbonated soft drinks	Milk or non-dairy creamer
Kool-Aid or other fruit flavored drinks	Juice with pulp
Apple juice, white cranberry or white grape juice	Hard candy
Jell-O, popsicles	Any liquid you cannot see through
Strained chicken, beef or vegetable broth	

- **COLON CLEANSING TIPS**

Be sure to stay well hydrated. Drink extra clear liquids throughout the day of your prep.

Stay near a toilet! You will have diarrhea, which can be quite sudden

Anal skin irritation can occur. Avoid rubbing the area. Gently pat area with a wet washcloth or pre-moistened wipe.

Apply Vaseline, Prep H, zinc oxide ointment, or diaper rash cream liberally.