

Colon Cleansing For Colonoscopy

A thoroughly cleansed colon is essential for colonoscopy. Please read the information and instructions below to improve the safety and effectiveness of your preparation and procedure.

Effectiveness

If you take all the medicine as prescribed, and take only clear liquids for the entire day before the colonoscopy, the preparation will be adequate > 90% of the time.

Tolerance

A well tolerated preparation means you will be more comfortable during cleansing and more likely to complete the medication. Ways that colon cleansers may differ include taste, consistency, volume, timing of administration, and side effects such as the GI symptoms of bloating, abdominal pain, nausea, and vomiting.

Safety

If you have certain medical conditions you should not take a sodium phosphate (OsmoPrep, Visicol, Fleets Phospho-Soda) prep. Some of these conditions include:

- Heart failure or heart rhythm abnormalities
- Stomach or small intestine motility problems
- Advanced liver disease or ascites (abdominal fluid)
- Kidney disease or poor kidney function
- Electrolyte abnormalities
- Diseases that increase calcium – sarcoid, hyperparathyroidism, etc.
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If you have hemochromatosis or G6PD deficiency, do not use MoviPrep.

Adequate fluid, in addition to that taken with the colon cleanser, is critical. Take at least 2 liters (32 ounces) of fluids from noon to the time the prep is started, and 6 liters over the whole day. Sugar-electrolyte solutions such as Gatorade® are preferable. Take at least another 2 liters of fluids after you are discharged following your colonoscopy.

What are my options?

The choice comes down to PEG (polyethylene glycol) liquid or sodium phosphate (liquid or tablet). PEG is a gallon (4L) of flavored or unflavored liquid; ½ gallon PEG options are also available. PEG may be split (PM/AM), or taken all the evening before the colon.

Sodium phosphate liquid is a small amount of liquid taken in 2 doses separated by ~10 hrs, each time with at least 3 glasses of clear liquid. The pill preparation consists of 20 pills the night before (4 pills every 15 minutes with 8 ounces of clear liquid), and 12 pills the next morning 3-5 hours before the colonoscopy.

Endoscopy Instructions: Review 1 week in advance

(Problems, Questions, or Cancellation? Please call 215-955-8900)

Procedure: _____

Date/Time: _____

Physician: _____

Place: _____

Referral: If required, **must** bring day of procedure or you will be responsible for costs

Transportation: For your safety, no matter what form of transport you are using, **someone must pick you up after the procedure.** If not, the procedure will be cancelled.

Clothing: Wear comfortable clothing and do **not** bring valuables

Special Conditions: Call us **before** the procedure if you have an abnormal, or artificial, heart valve **OR** a defibrillator **OR** a recent prosthetic device (joint, vascular, other).

Medications – Review 1 week before colonoscopy

1. Stop medications that increase the risk for bleeding **5 days before colonoscopy.** Coordinate this with the ordering doctor. These include:
 - a. Blood thinners (heparin, coumadin, etc.)
 - b. Aspirin (alka-seltzer, etc.) & Nonsteroidals (motrin, advil, alleve, etc.)
 - c. Other medications that affect platelets (plavix, etc.)
 - d. Other medications, herbs, or supplements affecting bleeding
2. Diabetics: **Don't** take your oral diabetes medicine on the morning of the procedure. Usually insulin is not taken that morning, but discuss this with the prescribing doctor. Procedures are canceled if the blood glucose is above 300.
3. **Do** take your other medications (heart disease, high blood pressure, reflux, etc.) as usually prescribed with sips of water on the morning of colonoscopy.

Diet – Review 2 days before colonoscopy

1. Day **before** the procedure: **only clear liquids the entire day (at least 6 liters)**
2. Day of the procedure:
 - a. If your procedure is before noon, nothing by mouth after midnight (includes mints/gum) **except sips of water with medicines and the colon preparation as directed (see your specific instructions).**
 - b. If your procedure is **after** noon, **clear liquids** permitted **before 9 am**, then nothing by mouth (includes mints/gum) **except the colon preparation as directed (see your specific instructions).**

Clear Liquids: water, apple juice, white juice, lemonade (no pulp), clear broth (no noodles), coffee or tea (no creamer), sport drinks (Gatorade, etc.), jello (no topping), ices, clear soda, hard candy. **Nothing** purple, red or orange. **No** solid food or dairy products.

REVIEW INSTRUCTIONS 2 DAYS BEFORE PROCEDURE

Important: Drink at least 2 liters (64 ounces) of fluids during the 5 hours before starting the prep, and at least 6 liters over the entire day. Following the colonoscopy, drink at least 2 liters after leaving Jefferson. Sugar-electrolyte solutions, such as Gatorade®, are best.

___ **NuLYTELY®, GoLYTELY®, Colyte®, TriLyte® (PEG)**

Evening (PM) Administration (circle)

1. Fill prescription at the pharmacy.
2. Fill the container with 4 liters (1 gallon) of water (usually a mark is present on the container), mix thoroughly, and refrigerate.
3. Starting around 5 pm the day **before** the procedure, drink 8 ounces every 10 minutes until all the liquid is taken. If nauseated, don't drink for 20-30 minutes and then resume drinking the medication.

Split (PM/AM) Dose Schedule (circle)

1. Fill prescription at the pharmacy
2. Fill the container with 4 liters (1 gallon) of water (usually a mark is present on the container), mix thoroughly, and refrigerate.
3. Starting around **5 pm** the day **before** the procedure, drink 8 ounces every 10 minutes until **half** of all the liquid (1/2 a gallon) is taken.
4. Starting **5** hours before the time of your colonoscopy (_____), drink 8 ounces every 10 minutes until the rest of the fluid is finished. This must be completed **3** hours before your colonoscopy (_____).

REVIEW INSTRUCTIONS 2 DAYS BEFORE PROCEDURE

Important: Drink at least 2 liters (64 ounces) of fluids during the 5 hours before starting the prep, and at least 6 liters over the entire day. Following the colonoscopy, drink at least 2 liters after leaving Jefferson. Sugar-electrolyte solutions, such as Gatorade®, are best.

___ HalfLyte® (PEG and Bisacodyl)

1. Fill prescription at the pharmacy.
2. Add 2 liters (1/2 gallon) of water to the container of HalfLyte, mix thoroughly, and refrigerate.
3. At noon the day **before** colonoscopy, take two 5-mg bisacodyl tablets.
4. At 6 pm the day **before** colonoscopy, drink 10 ounces of HalfLyte every 10 minutes until the entire volume is consumed.

___ MoviPrep® (PEG and Vitamin C)

1. Fill prescription at the pharmacy.
2. Add 1 pouch “A” and 1 pouch “B” to a single container.
3. Add lukewarm water to top line of the container and refrigerate.
4. Repeat steps 2 and 3 for the second container.

2 day preparation (Circle)

5. Drink first container at 5 pm the night prior – 8 ounces every 15 minutes – along with 500cc (16 ounces) of any clear liquid.
6. Drink second container 4-5 hours before colonoscopy – 8 ounces every 15 minutes – along with 500cc (16 ounces) of any clear liquid.

Single day preparation (Circle)

5. Drink first container at 5 pm the night prior – 8 ounces every 15 minutes – along with 500 cc (16 ounces) of any clear liquid.
6. Drink second container at 7:30 pm – 8 ounces every 15 minutes - along with 500 cc (16 ounces) of any clear liquid.

REVIEW INSTRUCTIONS 2 DAYS BEFORE PROCEDURE

Important: Drink at least 2 liters (64 ounces) of fluids during the 5 hours before starting the prep, and at least 6 liters over the entire day. Following the colonoscopy, drink at least 2 liters after leaving Jefferson. Sugar-electrolyte solutions, such as Gatorade®, are best.

OSMOPREP® (Sodium Phosphate)

1. Fill the prescription at the pharmacy.
2. Between 5-6 pm the evening **before** colonoscopy: take 4 pills with 8 ounces of a clear liquid every 15 minutes until 20 tablets taken.
3. Morning of colonoscopy: 5 hrs before the time of the procedure, take 4 pills with 8 ounces of clear liquid every 15 minutes until 12 tablets taken.

Fleet Phospho-Soda® (Sodium Phosphate) **Single day (circle)**

1. Buy 3 ounces of **oral** Fleet Phospho-Soda (one 3 ounce bottle **Or** two 1.5 ounce bottles). This is available over-the-counter at pharmacies. Do not exceed this dose; do not buy Fleet Enema.
2. Single day preparation:
 1. At 9 am the day **before** colonoscopy drink 1.5 ounces of Fleet mixed with 8 ounces of a chilled clear liquid (ginger ale, lemon-lime drinks, or apple juice are best). Then, drink at least two 8 ounce glasses of a clear liquid.
 2. Drink at least 2 liters clear liquids during the day.
 3. At 7 pm day the same day, drink 1.5 ounces of Fleet mixed with 8 ounces of a chilled clear liquid. Then, drink at least two 8 ounce glasses of a clear liquid.
 4. Drink at least 2 liters (32 ounces) of additional fluids that day.

2 day preparation (circle)

1. Buy 3 ounces of **oral** Fleet Phospho-Soda (one 3 ounce bottle **Or** two 1.5 ounce bottles). This is available over-the-counter at pharmacies. Do not exceed this dose; do not buy Fleet Enema.
2. Between 5-6 pm the day before colonoscopy, drink 1.5 ounces of Fleet mixed with 8 ounces of a chilled clear liquid (ginger ale, lemon-lime drinks, or apple juice are best). Then, drink at least two 8 ounce glasses of a clear liquid.
3. Next morning, 5 hrs before the colonoscopy, drink 1.5 ounces of Fleet mixed with 8 ounces of a chilled clear liquid (ginger ale, lemon-lime drinks, or apple juice are best). Then, drink at least two 8 ounce glasses of a clear liquid.

REVIEW INSTRUCTIONS 2 DAYS BEFORE PROCEDURE

Important: Drink at least 2 liters (64 ounces) of fluids during the 5 hours before starting the prep, and at least 6 liters over the entire day. Following the colonoscopy, drink at least 2 liters after leaving Jefferson. Sugar-electrolyte solutions, such as Gatorade®, are best.

_____Miralex/Bisacodyl/Gatorade (PEG)

1. Fill prescription for Miralax **OR** Glycolax (255 gram) and bisacodyl (two 5-mg tablets), and purchase 64 ounce Gatorade® (**not** red, orange, or purple)
2. Thoroughly mix all the Miralax with the Gatorade, and then refrigerate.
3. At noon the **day before** colonoscopy, take 2 bisacodyl tablets with 8 ounces of clear liquid.
4. Starting at 5 pm the **night before** the colonoscopy, drink 8 ounces every 10 minutes of Miralax/Gatorade mixture until complete 32 ounces (1 liter).
5. Starting **4-5 hours before** the time of colonoscopy, drink 8 ounces every 10 minutes of Miralax/Gatorade mixture until complete 32 ounces (1 liter).