

# Split Preparation Instructions

## Starting Five Days before Procedure:

**STOP** taking iron (ferrous sulfate), vitamins, fiber supplements, fish oil, omega-3 pills, Excedrin and NSAIDS such as ibuprofen (Motrin, Advil), naproxen (Aleve), celecoxib, meloxicam and oral diclofenac.

**CONTINUE** taking any prescribed once-daily aspirin unless told to stop by a Gastroenterology provider.

### If you take blood thinners such as:

warfarin (Coumadin)  
clopidogrel (Plavix)  
dabigatran (Pradaxa)  
apixaban (Eliquis)  
rivaroxaban (Xarelto)  
prasugrel (Effient)  
ticagrelor (Brilinta)  
cilostazol (Pletal)  
edoxaban (Savaysa)...

You must speak to the provider who prescribes the blood thinner for you. This may be your primary care doctor, anti-coagulation clinic or cardiologist. They will tell you the number of days to hold the blood thinner before your procedure.

### Diabetics

It is important to drink clear fluids that contain calories as well as extra water while doing your colon prep. While on clear liquids monitor your blood sugar every 6 hours.

**Insulin:** Take ½ of your usual dose the day(s) you are drinking your prep.

**DO NOT** take any insulin or diabetes medications on the day of the procedure. Call the provider who manages your diabetes if you have any related questions.

## Two Evenings before Procedure:

You may eat until **10:00 p.m.** From then on, you should have only clear liquids. **NO SOLID FOODS after 10:00 p.m.!**

### Clear liquids you may have:

- Clear bouillon or broth
- Tea or black coffee (sugar or powdered sweetener allowed)
- Gatorade, Crystal Light, Kool-Aid (**NO RED or DARK PURPLE**)
- Apple juice, **white** grape juice and/or **white** cranberry juice
- Plain Jello or Popsicles (**NO RED or DARK PURPLE**)

### Do NOT take:

- Milk products, cream or non-dairy creamer
- Alcohol
- Full liquids such as honey, orange juice, tomato juice, pineapple juice or lemonade with pulp

## One Day before Procedure:

- **Stay** on clear liquid diet.
- **2:00 p.m.** Take all 4 bisacodyl pills, **if prescribed.** Mix the 1st bottle of polyethylene glycol 3350 powder in 64 oz. of light-colored Gatorade or another clear liquid (**NO RED, PURPLE or ALCOHOL**) and refrigerate.
- **5:00 p.m. - 8:00 p.m.** Shake or stir the laxative mixture thoroughly and drink the entire 64 oz. in 3 hours.
- **8:00 p.m.** Mix the 2nd bottle of laxative powder in another 64 oz. of Gatorade or another clear liquid and refrigerate.

**Note: Stay on clear liquids. No solid foods.**

## Day of Procedure: \_\_\_\_\_

- **6 hours before arrival time:**  
Drink the 2nd bottle of laxative mixture over 2 hours. Please finish the entire dose but take the full 2 hours to drink it.
- **2 hours before arrival time:**  
**STOP** all clear liquids, and take **NOTHING BY MOUTH (NO** water, ice chips, gum, lozenges). If you take anything by mouth during the 2 hours before your arrival, your procedure will be rescheduled. \_\_\_\_\_
- **If you take blood pressure, seizure, and/or pain medication,** take them as usual, but you must take them before you stop all clear liquids.

**Note:** *Female patients under the age of 55 will be required to provide a urine specimen upon arrival.*

### Please arrive on time for your procedure.

- You will be sedated for the colonoscopy.
- **Bring** a responsible adult (over 18 years old) to your appointment. The responsible person must check in with the prep nurse before we can admit you. We will then ask them to wait on hospital grounds until you are ready to go home.
- **Please note:** If you arrive without a responsible adult, your procedure may need to be rescheduled. Please call your Patient Aligned Care Team (PACT) to discuss options in advance if you do not have someone to come with you.

### After your Procedure:

- **Do not** drive, drink alcohol, make important decisions or operate machinery for 24 hours.
- Rest for the remainder of the day.
- If tissue is removed, a letter with biopsy results will be mailed within **2 weeks.**

# What is a Colonoscopy?

A colonoscopy is a test that lets the doctor view the inside of your lower digestive tract. It can help screen for colon cancers and can also help find the source of abdominal pain, bleeding or changes in bowel habits. Cancer of the colon and rectum is the second most common cause of cancer death in the United States. Screening for this cancer can prevent many of these cancer deaths.

- The prep medications will be mailed to your home.
- You will need 4 quarts of light-colored Gatorade or another clear liquid (**NO RED, PURPLE or ALCOHOL**) to mix the prep powder.
- Drink more water than usual the day before the procedure.

---

---

---

---

---

---

---

---

---

---

---

Please report to:  
Special Procedures Unit  
Gastroenterology Department  
Building 50, 3rd Floor,  
3601 S. 6th Avenue  
Tucson, Arizona 85723

For questions or additional information please call: (520) 629-4747.

Or, visit our web site: [www.Tucson.VA.gov](http://www.Tucson.VA.gov)  
(Under "Resources"  
select "Gastroenterology Services.")

For pre-recorded procedure instructions call: 520-629-4949.

If you need to cancel your appointment for any reason, please call 520-629-4747 as soon as possible. This allows for other Veterans in need of services to fill your vacancy.

*Thank you for your service!*

[www.Tucson.VA.gov](http://www.Tucson.VA.gov)

 [www.facebook.com/VATucson](https://www.facebook.com/VATucson)

 Follow us on Twitter @TucsonVA



Southern Arizona VA Health Care System (SAVAHCS)

# Colonoscopy

## Split Preparation Instructions

Procedure date: \_\_\_\_\_

Procedure time: \_\_\_\_\_

Arrival Time: \_\_\_\_\_



3601 S 6th Avenue • Tucson, AZ 85723