

1 – Gastroenterology Specialists of Gwinnett PC

**721 Wellness Way NW, Suite 100, Lawrenceville, GA 30045 (770) 995-7989, (770) 995-3113
3855 Pleasant Hill Road, Suite 230, Duluth, GA 30096 (770) 495-8300**

**Zack Z. Martin, M.D. D. Bradley Lord, M.D. W. Gordon Tanner, Jr., M.D.
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2 - Gallon Preparation Instructions

PATIENT MUST REMAIN ON CLEAR LIQUIDS THE ENTIRE DAY PRIOR TO COLONOSCOPY

NO SOLID FOOD FOR THE ENTIRE DAY PRIOR TO THE COLONOSCOPY

Stop all aspirin, iron, vitamin E and NSAIDs (ibuprofen, Aleve, etc.) one week prior to the colonoscopy. If you take prescription Plavix, Coumadin, Aggrenox or Pradaxa, speak with your physician as these will also need to be stopped prior to the colonoscopy.

The following instructions are provided to ensure that your bowel is adequately cleaned for your colonoscopy examination:

PREPARATION:

Remain close to the bathroom once you begin drinking the prep. You may begin to have bowel movements in as little as 30 minutes or it may take several hours to have a bowel movement.

1. Mix one quarter of warm water with the powder at the bottom of the container. Ensure that the powder in the bottom of the container is dissolved. Then add 3 additional quarts of cool water and refrigerate.

The prep must be consumed within 24 hours after mixing it

2. Begin drinking the solution at **11:00 am**. Drink 8 oz. every 15-30 minutes. Drink approximately one half of the solution.

If you become nauseated or feel like vomiting, you may take a break from drinking the prep for 30 to 60 minutes.

3. At **2:00 pm** resume drinking the remaining one half of the prep. Drink 8 oz every 15 minutes until the Entire prep is consumed.
4. At **5:00 pm** begin the second prep container. Drink 8 oz every 15 minutes. Stop at the halfway mark. If your stool is clear, no additional prep is required.
5. At **8:00 pm** finish the second prep container.

If you encounter any problems during your preparation, please call 770-995-3113 even after hours.

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LOW FIBER/LOW RESIDUE AND LIQUID DIETS

LOW FIBER DIET: (3 DAYS PRIOR TO COLONOSCOPY):

Soups: Broth, cream soups, tomato, chicken and white rice, noodles

Meats/Protein: Any soft or easy to chew meat or fish. Such as fish or chicken. Avoid red meat.

Vegetables: Well-cooked or canned vegetables, without seeds or skins. Such as carrots, potatoes without skins and tomatoes without seeds or skins.

Fruits: All juices without pulp, cooked or canned fruits without seeds, membranes, or hulls including: applesauce, cherries, peaches, bananas, citrus fruits.

Cereals: No multigrain or high fiber cereals. Refined cereals or ready to eat oatmeal.

Starches: No whole grain, multigrain or wheat breads or pastas. May have enriched white bread, without seeds, biscuits, rolls, crackers or bread made from white flour, plain doughnuts or English muffins, plain macaroni, noodles or spaghetti, white rice, plain waffles or pancakes, saltines.

Cheese/Eggs: Cottage cheese, cream cheese, mild cheese such as American or Swiss. Yogurt without fruit. All eggs.

Desserts: Plain cake, cookies, gelatin, ice cream, pudding, sherbet, pie made from refined flour. No seeds, raisins, coconuts or nuts.

Beverages: Limit milk to two cups a day, carbonated beverages, coffee, tea, fruit-flavored drinks.

Fat: Crisp bacon, butter, cream, margarine, mayonnaise, oils, shortening, smooth salad dressing, sour cream.

LIQUID DIET: (All day on the day prior to the colonoscopy. NO SOLID FOOD FOR THE ENTIRE DAY.)

Soups: Clear consommé, bouillon or broth.

Beverages: Tea, coffee, carbonated drinks, water, Kool-Aid (no red or purple).

Juices: Cranberry (no red or purple), apple, strained lemonade, or orange juice.

Desserts: Gelatins, water-ices, popsicles (no red or purple).

Miscellaneous: Hard candy (Lifesavers, etc.)

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COLONOSCOPY

Colonoscopy is an examination for the inside of the large intestine by means of a flexible tube attached to a source of bright light. The doctor is able to see the lining of the large intestine clearly through this tube.

After completing the preparation at home, come to the facility as instructed, where you will change into a gown. The test will be more fully explained, and you will be given an opportunity to ask questions. The nurse will then insert a small needle into your vein to administer the IV solution. You will receive medication through your IV before and during the procedure to make you relaxed and comfortable. During the exam, you will be lying on your left side on a stretcher bed.

After you are adequately sedated, the doctor will examine your rectum and insert the lubricated tube. During the procedure, you may experience crampy sensations similar to gas pains. These are due to the air put into your intestine through the tube in order to see well and to the tube passing around the bends of your intestine. You may feel that you need to move your bowels due to the presence of the tube and air. You are free to expel air as needed for your comfort. Any excess air can be suctioned out by the physician.

When the exam is over, you will rest in the recovery area until fully awake, and the doctor will explain the results of the exam to you and your family before you leave.

It is necessary to BRING A DRIVER FOR THE TRIP HOME, and you should not resume your usual work or driving until the day following the procedure. Do not eat or drink anything on the morning of the test unless specifically instructed otherwise. Please plan on taking your medications following the examination.

If you have any questions, please call our office at 770-995-3113 or 770-495-8300 even after hours.