

Getting started...



Schedule it!



Read everything in Colonoscopy Packet



Get all labs, X-rays, and medical clearance



Plan your driver

Colonoscopy

Don't sweat the prep checklist

SEE BACK FOR DETAILS



Pick up prep items

Two Days before exam...



Begin prep at appointed time



Follow all instructions



Clear liquids only - have a popsicle!



Stay near your throne



Relax as usual



1-Day Before

Nothing to eat after midnight

Morning of exam...

Cheers to your health!

You may have saved your life



Your driver takes you home after short recovery

I didn't feel a thing!



Colonoscopy takes about 30 minutes



Nurse takes vital signs and gives meds to make you sleepy



Change into comfy gown



Don't be tardy for the exam



Continue prep - you're almost done!

NOTES

- If you are on any anti-coagulation (blood thinners), NSAIDs or aspirin, please call the surgical clinic for consultation.
 - Getting all labs, X-rays, and medical clearance prior to procedure day is important in order not to delay your colonoscopy. Labs and X-rays are good for 30 days.
 - If you are unsure of how to complete the colon cleansing preparation, please call the surgical clinic several days ahead of your scheduled date to clarify the process. This is an important process in order to fully examine your colon. A poor prep could lead to missed colon lesions, polyps or tumors.
 - Bring this packet with you the day of your scheduled colonoscopy, with all copies of labs, X-rays and clearance papers.
 - If you need to reschedule because you haven't completed the prep or have side effects, contact us within 24-hours of your appointment.
- Please call us if you have any questions!
- THANK YOU** for choosing ARH for your colorectal cancer screening!



ARH PRIMARY CARE ASSOCIATES

A Department of ARH Our Lady of the Way Hospital
Martin, KY | 606.285.3690 | 606.285.3851

BOWEL PREP FOR COLONOSCOPY



ITEMS TO PURCHASE:

- 2 bottles of magnesium citrate
- 1 box of Dulcolax Pills

Follow the steps for the prep as listed below or as prescribed by your physician.

1 DAY BEFORE PROCEDURE: _____

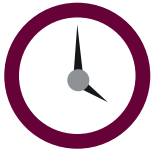
CLEAR LIQUID DIET

ALLOWED

- Mountain Dew
- Sprite / Sierra Mist
- Ginger Ale
- Apple Juice
- White Grape Juice
- Lemonade
- Kool Aid
- Gatorade
- Jello
- Popsicles
- Coffee
- Tea
- Chicken Broth or Bouillon

NOT ALLOWED

- Solid Foods
- Milk or Milk Products
- Brown Colas
- Nothing **RED** or **PURPLE**



1. Be on a clear liquid diet
2. Drink 1 bottle of magnesium citrate at 2:00pm, followed by 4 Dulcolax pills
3. Drink 2nd bottle of magnesium citrate at 4:00pm.

4. DO NOT have anything to eat or drink after midnight before your procedure.



DATE OF COLONOSCOPY: _____

SURGERY REMINDERS

PLACE: Please go to **Registration window** at ARH Our Lady of the Way on the day of your procedure.

TIME: The surgery department at ARH Our Lady of the Way will call you within the week prior to your procedure to give you a time to arrive on your procedure day.