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YOUR HEALTH MATTERS PRE-PROCEDURE BOWEL PREP COLONOSCOPY

Bowel Prep

The purpose of a bowel prep is to cleanse the bowel of particulates and decrease the number of bacteria in the colon. The reason for this is to attempt to decrease the number of infectious complications in procedures, and to see better if you are having an colonoscopy.

Stop aspirin one week before the procedure.

The day before to the procedure:

Patients should consume plenty of ***clear liquids only***- **no solid food on this day**. This includes water, juices (apple,prune, grape, cranberry, lemonade), clear broths (chicken, beef, vegetable), clear beverages (sodas, tea, coffee), Ices/Jell-O (Italian ices, clear Jell-O, Popsicles without fruit) .

These items are not allowed: milk products (milk, cream, and milkshakes), orange juice, tomato juice, cream soups, oatmeal, Cream of Wheat, any soups other than clear broth.

12:00 pm Begin drinking GoLytely (chilled), one cup every 10 minutes (drink 1-2 liters per hour for a total of 4 liters). If you are not having bowel movements use a Fleets enema at 8:00 p.m.

You may sip other clear liquids in between cups of GoLytely if you wish. Expect some cramps and bloating. You should drink plenty of clear liquids for the rest of the day.

12:00 midnight Absolutely NOTHING to eat or drink after midnight.

Day of your procedure:

Use a Fleet's enema 30 to 40 minutes before leaving your home. You purchase this over the counter. You must bring someone with you to drive home. Take your blood pressure medications with a sip of water in the morning.

- The Colorectal Surgical Team includes Dr. Bard Cosman, Dr.Sonia Ramamoorthy, and Barbara Andrews, Nurse Practitioner.
- Please contact Barbara Andrews, NP if you have medical questions, or need to cancel or reschedule your appointment at 858-822-2615.