



KAISER PERMANENTE

San Jose Medical Center

Department of Gastroenterology

PREPARATION FOR COLONOSCOPY

Your Colonoscopy is scheduled for: _____ @ _____ with Dr. _____

- 250 Hospital Parkway, Main Hospital 1st floor Radiology Department
 270 International Circle, Building 2 North 2nd Floor Reception area

5 DAYS BEFORE THE EXAMINATION

1. **If you take Aggrenox, Plavix, Coumadin (Warfarin) please let the care provider know.**
2. **Stop** all iron tablets **3 days** prior to the exam.

THE DAY BEFORE THE EXAMINATION

1. Have only **Clear Liquids** such as Water, Clear Fruit Juices, Boullion, Jello, Tea, 7-up.
2. **No** Solid foods or Milk Products.
3. **No** Red, Purple, Coffee or Cola colored liquids.
4. **Obtain 2 bottles of Fleet Phospho-Soda laxative from the 2 North 2nd floor reception area.**
5. *If you have a history of Kidney Failure or you are a dialysis patient, your physician will advise an alternative prep be used.*
6. **At ___:___** take one bottle of Fleet Phospho-Soda and add to ½ glass of water and drink. This may be followed by drinking clear juice if needed.
7. Some patients have a very sudden urge to evacuate, so it is recommended to stay close to a restroom.
8. **Drink 8 glasses of clear liquids afterwards.**
9. **At ___:___** repeat step #1 with 2nd bottle of Fleet Phospho-Soda
10. **Drink 8 glasses of clear liquids afterwards.**
11. If you take insulin take ½ of your usual dose(s).

THE DAY OF THE EXAMINATION

1. **Stop** taking anything by mouth **4 hours before the exam except for your medications**, you can take medications with small sips of water only.
2. Take your medications as you usually do **unless** directed by your physician.
3. **Diabetic patients**, if you use insulin take ½ of your usual dose in the morning or check with your primary care physician.
4. Arrive **promptly** to your scheduled time.
5. **You must have someone to drive you home at the time of check-in.** (Your driver can not leave the hospital campus). The hospital regulation **prohibits** you from driving yourself home or taking alternative transportation (bus or taxi).
If no one is available to take you home, your exam will be cancelled.

FOLLOWING THE EXAMINATION

1. You should plan on light activity for the remainder of the day.
2. No driving or working.
3. You may return to your normal activities the day after your exam.
4. You will be able to eat normally **unless** instructed otherwise.

To cancel or reschedule your appointment please call 408-972-6599 5 days prior to exam
For Questions regarding your exam, please call 408-972-6599 (Do not call the advice nurse)

ITEMS CONSIDERED AS CLEAR LIQUIDS

Jello:	Lime, Lemon and Orange flavored
Soda:	7-up, Sprite, Ginger-Ale and Gatorade
Popsicles:	Orange and Green colors
Boullion/Broths:	Chicken, Beef or Vegetable flavored
Juices:	White Cranberry, White Grape or Apple Juice
Tea:	With Sugar Only (No Milk, Cream or Non-Diary Products)

The key to a good preparation is to drink plenty of fluids. When laxatives are taken with adequate amount of fluid, this will clean the colon and will prevent you from having to reschedule the procedure due to poor preparation.

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