

COLONOSCOPY PREP USING BAG ENEMAS

Your colonoscopy is scheduled on _____. Please arrive at _____.

One week before the procedure: Stop taking fiber, such as Metamucil; vitamins; iron; nutritional supplements; herbal products; any products that contain olestra (in non-fat potato chips); fish oil (may also be called Lovaza); and Alli. Also, arthritis type Medications other than Tylenol or Celebrex should be stopped.

If you are on Coumadin be sure to discuss this with the nurse to determine whether you need lab work prior to the procedure to adjust the dosage of this medication. Go to the pharmacy and purchase one (1) bottle of **Magnesium Citrate**, two (2) **Dulcolax Tablets**, and one (1) **Bag Enema**. Go to a laboratory and have your lab work done if requested.

Two days before the procedure, start low residue diet (Sat-Sun-Mon-Tues-Wed-Thur-Fri)

1. Drink one bottle of **Magnesium Citrate at 6:00p.m.**

One day before the procedure, start clear liquid diet (Sat-Sun-Mon-Tues-Wed-Thur-Fri)

1. Continue clear liquids all day, even after the prep.
2. **At 4:00 p.m. take 2 Dulcolax Tablets.** Do not chew or crush them. You need to swallow them whole. Drink as many clear fluids as possible during the day – hydrating will help reduce side effects such as cramping or nausea.
3. **At 6:00 p.m. Fill the Bag Enema** with luke warm water. Be careful not to make the water too cold or hot. Place a towel on the floor between your toilet and shower to catch any water that may fall.
4. **Stand in your Shower** and gently, insert the tube rectally. Allow all of the water from the bag to empty slowly. Try to hold as much water in as you can take.
5. Remove the tube and sit on the toilet to allow the water to come out.
6. **Repeat** this process **three (3) times.**
7. If at any time during the prep you notice excessive bleeding (3 tablespoons or more), stop the prep and call our office. Returns from the prep should be a yellow or green liquid, unless you have had red Jell-O, and then it may be red.
8. **Do not eat or drink anything after midnight, except as noted below.**

The morning of the procedure:

1. We may be contacted starting at 7:00AM if you have any questions. You may brush your teeth.
2. **Two hours before leaving** to come to your appointment, **repeat the Bag Enema process three (3) times.**
3. You may continue your clear liquid diet until 4 hours prior to your arrival time. **You will be sedated and you will have to have someone available to listen to the doctor's advice upon discharge and drive you home after the test. If you do not have a driver, your test will be rescheduled to a day when one is available.** You can expect to be here for 2 to 3 hours.
4. If you are taking blood pressure or heart medications, be sure to take them with a small amount of water on the morning of your procedure. Bring your medications or a list of your medications. If you have any questions, please call the office.

All Patients:

1. **Medications:**
 - A. **Insulin or oral diabetic medications should not be taken on the morning of your test. You may resume taking your medications after you are able to eat.**
 - B. **If you are on Coumadin, discuss this with the nurse or doctor. You will be told if you need to have lab work drawn prior to the procedure & whether the Coumadin needs adjustment.**
 - C. **BRING YOUR CURRENT MEDICATIONS OR LIST WITH YOU ON THE DAY OF YOUR TEST.**
2. **Tips:**
 - You may reduce rectal soreness from the prep by cleansing with baby wipes after bowel movements and then applying zinc oxide to the skin in the rectal area.
 - The prep may seem difficult but it allows the physician to see the lining of your colon clearly.
A good prep may lengthen the time needed before your next colonoscopy.

IF YOU HAVE ANY QUESTIONS/ PROBLEMS, PLEASE CALL OUR OFFICE AND ASK FOR A NURSE
IF YOU CANNOT KEEP YOUR APPOINTMENT, PLEASE LET US KNOW AS SOON AS POSSIBLE OR
AT LEAST TWO (2) BUSINESS DAYS PRIOR TO THE PROCEDURE.