You have been scheduled to have a colonoscopy. A colonoscopy is a procedure that enables your physician to examine the inner lining of the colon for evidence of colon polyps and colon cancer. Colonoscopy can find cancer and can save lives. The most important step prior to your procedure is to empty out your colon by closely following the diet and taking the “bowel prep solution” as described below. If you have diabetes, please review the Diabetes Medication Guide for Colonoscopy Prep on page 7.

Clear liquid diet
- Your colon must be completely empty and clean in order to get the correct results from your colonoscopy.
- One day before your procedure and before drinking the bowel prep solution, your doctor will place you on a clear liquid diet.
- A liquid is considered clear if you can read through it.

Use this simple test to see if you can figure out what to drink, and what not to drink.

Can you read the newspaper?

This is apple juice. Apple juice is clear because you can read the newspaper through it.

YOU CAN DRINK THIS

This is orange juice. Orange juice is not clear because you cannot read the newspaper through it.

DON’T DRINK THIS
These drinks are **OK**

- Soda pop, ginger ale, and club soda
- Water and mineral water
- Black coffee (No cream or milk)
- Clear sports drinks
- Apple juice
- Tea

These drinks are **NOT OK**

- Milkshakes
- Coffee with cream
- Pineapple juice
- Orange juice
- Milk or dairy drinks
Other examples of food and drinks that are OK
• Honey or sugar
• Clear chicken, beef or vegetable broth
• Yellow or Green Jell-O

*It is important that while you are on the clear liquid diet that you do not drink or eat anything that has a red, orange or purple color.

GAVILYTE/COLYTE Colonoscopy Prep Instructions

These foods are OK

- Clear broth
- Honey
- Popsicle
- Jell-O

These foods are NOT OK

- Bread, grains, rice or cereal
- Soup with chunks of food
- Meat
- Dairy products
- Vegetables
- Fruit
- Soup
- Grapefruit juice
- Tomato Juice

*It is important that while you are on the clear liquid diet that you do not drink or eat anything that has a red, orange or purple color.
### WHAT TO DO BEFORE YOU HAVE A COLONOSCOPY

**You will need to buy:**
- Gavilyte/Colyte laxative solution purchased from Kaiser Permanente Pharmacy
- Two (2) tablets of Bisacodyl (Dulcolax®) 5 mg
- Four (4) tablets of Chewable Gas-X® (Simethicone)
- Items for a clear liquid diet as described

<table>
<thead>
<tr>
<th>WHEN</th>
<th>WHAT YOU NEED TO DO</th>
<th>DETAILS</th>
</tr>
</thead>
</table>
| At least 7 days before your procedure | • Watch the online Emmi® program on colonoscopy | • Your doctor has ordered the Emmi® Video, Colonoscopy, for you. This video will come to you in one of two ways. If you have a kp.org account, you will receive a secure message. If you do not have a kp.org account, the video will be sent to your personal email address (as long as your email address is on file).
  • Arrange for someone to drive you to and from your procedure
  • Check which medicines you may need to stop especially if you are taking any blood thinning medications like Coumadin, Plavix, Lovenox | • The person who is escorting and driving you must stay in the building during the entire length of your procedure
  • If you are taking Coumadin, please consult with the Coumadin clinic |
| 2 Days before your procedure | All day
  • Do NOT eat foods that are high in fiber
  • This will be the last day you are able to eat solid food before your procedure. Finish dinner by 9 pm. | • Examples of high fiber foods: salads, green vegetables, brown rice, whole grain bread, brown pasta, beans, sunflower seeds, peanuts, cashews, almonds and popcorn |
| 1 Day before your procedure | All day
  • Start drinking ONLY clear liquids | • Do NOT eat any solid food
  • Clear liquid only, see list of clear liquids
  • Do NOT drink alcohol |
<p>| 12 Noon | • Take two Dulcolax® (Bisacodyl) 5 mg tablets with at least one full glass (8 fl. oz.) of clear liquid | • Dulcolax® usually works within 8 hours. Do not worry if nothing happens from the Dulcolax before you start to drink the prep solution |
| 5 p.m. | • Mix Gavilyte/Colyte with one gallon of water until it is dissolved. Place in refrigerator | • Consider adding powdered flavoring (Gatorade, Crystal Light, lemonade) to improve the taste. Avoid red, orange and purple coloring |</p>
<table>
<thead>
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<th>WHEN</th>
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<tbody>
<tr>
<td><strong>6 p.m.</strong></td>
<td>• Begin drinking the Gavilyte/Colyte solution</td>
<td>• If you feel bloated, increase the time interval between glasses by 5-10 minutes</td>
</tr>
<tr>
<td></td>
<td>• Drink 8 ounces every 15 minutes until ( \frac{2}{3} ) (two-thirds) of the bottle is consumed</td>
<td>• Keep the remaining ( \frac{1}{3} ) of the solution for the following day</td>
</tr>
<tr>
<td><strong>9 p.m.</strong></td>
<td>• Chew 2 Gas-X® (Simethicone) tablets</td>
<td></td>
</tr>
<tr>
<td><strong>10 p.m.</strong></td>
<td>• Chew 2 additional Gas-X® (Simethicone) tablets</td>
<td></td>
</tr>
<tr>
<td><strong>At bedtime</strong></td>
<td>• Continue to only drink clear liquids until bedtime</td>
<td>• You may need to use the bathroom during the night</td>
</tr>
<tr>
<td><strong>Day of your procedure</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>In the morning</strong></td>
<td>• Finish ALL of the remaining ( \frac{1}{3} ) of the Gavilyte/Colyte (six 8 oz glasses) This should take 1-2 hours to drink.</td>
<td>• You cannot drink ANYTHING within 3 hours of your arrival time</td>
</tr>
<tr>
<td></td>
<td>• You can take your allowed medications on the day of your procedure with small sips of water</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• You must stop drinking ALL liquids including the prep at least 3 hours prior to your arrival time</td>
<td></td>
</tr>
</tbody>
</table>

**How do I know if my prep is working?**

**Look at these examples of stool colors. You want your stool to be clear.**

- After drinking all of your prep, your bowel movements should be all liquid yellow and clear like picture #4 or #5.
- However, if your bowel movements are solid or look like pictures #1, #2 or #3 you are probably not prepped and will need to cancel your procedure.

<table>
<thead>
<tr>
<th>Stool Color</th>
<th>Description</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Dark and murky.</td>
<td>NOT OK</td>
</tr>
<tr>
<td>2</td>
<td>Brown and murky.</td>
<td>NOT OK</td>
</tr>
<tr>
<td>3</td>
<td>Dark orange and semi-clear.</td>
<td>NOT OK</td>
</tr>
<tr>
<td>4</td>
<td>Light orange and mostly clear.</td>
<td>ALMOST THERE</td>
</tr>
<tr>
<td>5</td>
<td>Yellow and Clear, like urine.</td>
<td>Finish ALL of your prep and YOU'RE READY</td>
</tr>
</tbody>
</table>
History of constipation?
• If you have a history of constipation, it is recommended that you start taking Miralax over-the-counter 1-2 times daily for 7-10 days prior to this prep. You may increase or decrease this dose depending upon your response to Miralax.
• Another option is to increase the length of time you remain on a liquid diet to 2 or 3 days. This may help when preparing for your procedure.

Additional information
For more information, questions, or to cancel your appointment call the phone number found under the location for your procedure:

NOTE: If you must cancel your procedure, please do so at least seven (7) days before your scheduled appointment date.

After hours
• Nurse’s Advice Line (703) 359-7878

Procedure locations
Falls Church Medical Center
201 North Washington Street
Lower level
Falls Church, VA 22046
(703) 237-4084

Shady Grove Medical Center
1396 Piccard Drive
2nd Floor
Rockville, MD 20850
(301) 548-5752

Capitol Hill Medical Center
700 2nd Street NE
6th Floor, Suite 605
Washington DC 20002
(202) 346-3592

Largo Medical Center
1221 Mercantile Lane
2nd Floor, Suite 202
Upper Marlboro, MD 20774
(301) 618-5609

South Baltimore Medical Center
1701 Twin Springs Road
2nd Floor
Halethorpe MD 21227
(410) 737-5381
Diabetes Medication Guide (insulin/tablets) for Colonoscopy Prep

Check your blood sugar often (at least every 3 hours). Since you will be fasting, your blood sugar may drop faster than normal. If you have symptoms of low blood sugar, treat with sugar or glucose tablets and call the Advice nurse at (703) 359-7878.

**Type 1 Diabetics and diabetics with insulin pumps**

STOP: Contact your Endocrinologist for further instructions

**Type 2 Diabetics – Follow the diabetes medication guide below as you prepare for your colonoscopy.**

<table>
<thead>
<tr>
<th>IF YOU TAKE:</th>
<th>MORNING</th>
<th>LUNCH/DINNER TIME</th>
<th>BEDTIME</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>THE DAY BEFORE YOUR COLONOSCOPY</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oral diabetes medicines</td>
<td>• Metformin, Tradjenta: Take your usual dose</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Glipizide, Prandin: Take ½ your usual dose</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Long acting insulin: Lantus, Le vemir, Tou jeo, Tresiba</td>
<td></td>
<td></td>
<td>• Take ½ your usual dose</td>
</tr>
<tr>
<td>Intermediate acting insulin: NPH, Humulin N, Novolin N</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rapid/short acting insulin: Humalog, Novolog, Regular, Novolin R</td>
<td>• Take ½ your usual dose</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Premixed insulin: Humulin 70/30, Novolin 70/30, Novolog 70/30, Humulin 50/50, Humalog 75/25</td>
<td></td>
<td>• Take ½ your usual dose</td>
<td></td>
</tr>
<tr>
<td><strong>THE DAY OF YOUR COLONOSCOPY</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oral diabetes medicines</td>
<td>• DO NOT TAKE</td>
<td>• After the procedure, eat and take your usual dose.</td>
<td></td>
</tr>
<tr>
<td>Long acting insulin: Lantus, Le vemir, Tou jeo, Tresiba</td>
<td></td>
<td>• If blood sugar is over 100: take ½ usual dose</td>
<td>• After the procedure, eat and take your usual dose.</td>
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<td>Intermediate acting insulin: NPH, Humulin N, Novolin N</td>
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