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INSTRUCTIONS FOR COLONOSCOPY

You are scheduled for a procedure at Southgate Surgery Center on _____. Their staff will call you the day before your procedure to provide your **arrival** time. Duration of the average stay is 2-3 hours.

Follow the regimen checked below:

SPLIT-DOSE (2-DAY) REGIMEN (pages 1-2) DAY-BEFORE (1-DAY) REGIMEN (page 2)

SPLIT-DOSE (2-DAY) REGIMEN – DOSE 1

Start taking Dose 1 (6-ounce bottle) at **5:00 pm** the evening before your procedure. Proceed as shown below.

STEP 1



Pour the 6-ounce bottle of liquid oral solution into the 16-ounce mixing container.

STEP 2



Add cool water to the 16-ounce fill line on the container and mix.



STEP 3



Drink **all** the liquid in the container. It is best to finish drinking the liquid within twenty (20) minutes.

STEP 4



You **must** drink one (1) more 16-ounce container of water over the next two (2) hours **and** at least one (1) more 16-ounce container of water before you go to bed.

SPLIT-DOSE (2-DAY) REGIMEN – DOSE 2

Begin step 1 of the Dose 2 (2-liter bottle) at **7:00 pm** on the evening before your procedure. Proceed as shown below and do not eat or drink anything after midnight.

STEP 1



Remove the cap from the 2-liter bottle. Tear open one (1) flavor pack of your choice and pour contents into the 2-liter bottle. Throw away unused packs. Solution can be taken with or without flavor packs.

STEP 2



Add water to the fill line on the 2-liter bottle.

STEP 3



Replace the cap on the bottle and shake to dissolve the powder. The solution may be refrigerated. The solution should be used within forty-eight (48) hours after mixing.

STEP 4



Drink one (1) 16-ounce container every twenty (20) minutes. Be sure to drink **all** of the solution. This should take about 1½ hours.

SPLIT-DOSE (2-DAY) REGIMEN, CONTINUED

THE DAY OF THE TEST:

1. If you are taking medication(s) for your blood pressure or your heart, take it (them) with a small amount of water.
2. Arrive promptly at the surgery center at the time listed above.
3. You must have someone with you at the surgery center during your entire stay and to drive you home. If you have a problem and need a driver, please call Southgate Surgery Center to request courtesy transportation or to reschedule the procedure.
4. If you are taking **aspirin**, please discontinue two (2) days prior to the test. If you are taking **Coumadin** or **Plavix**, please discontinue seven (7) days prior to your test.

DAY-BEFORE (1-DAY) REGIMEN

DOSE 1 (6-oz bottle): Take this dose on the evening before your colonoscopy.

- Start taking Dose 1 (6-ounce bottle) at least 3½ hours before your bedtime on the evening before your colonoscopy or when your healthcare provider tells you to begin.
- Follow steps 1 through 3 for mixing and taking Dose 1 as shown above.
- After completing step 3 for Dose 1, you **must** drink one (1) more 16-oz container of water over the next two (2) hours.

DOSE 2 (2-liter bottle): Take this dose 2 hours after starting Dose 1.

- Start taking Dose 2 (2-liter bottle) two (2) hours after you start Dose 1 on the evening before your colonoscopy.
- Follow steps 1 through 4 for mixing and taking Dose 2 as shown above.
- After completing step 4 for Dose 2, you **must** drink one (1) more 16-oz container of water before bed.
- Do not eat or drink anything after midnight.

THE DAY OF THE TEST:

1. If you are taking medication(s) for your blood pressure or your heart, take it (them) with a small amount of water.
2. Arrive promptly at the surgery center at the time listed above.
3. You must have someone with you at the surgery center during your entire stay and to drive you home. If you have a problem and need a driver, please call Southgate Surgery Center to request courtesy transportation or to reschedule the procedure.
4. If you are taking **aspirin**, please discontinue two (2) days prior to the test. If you are taking **Coumadin** or **Plavix**, please discontinue seven (7) days prior to your test.