

WEST GEORGIA GASTROENTEROLOGY SORBITOL PREP

Your colonoscopy will be performed at _____.

You will need to arrive at _____ am/pm on _____.

Colon preps may leave you dehydrated, it is important to drink as much liquid as you can before, during and after the prep. Failure to take the prep as indicated may result in a poorly cleansed colon.

You will be on a clear liquid diet all day _____. NO solid foods, NO milk products and NO alcoholic beverages. NO RED!

CLEAR LIQUID DIET:

Juices without pulp (apple/white grape)

TEA (no cream or nondairy creamer)

COFFEE (no cream or nondairy creamer)

Gelatin desserts (without fruit or topping NO RED)

GINGERALE

GATORADE (NO RED)

CRYSTAL LIGHT DRINKS (NO RED)

Water

BOUILLION CUBES

SPRITE

7-UP

FRUIT POPSICLES (NO RED)

Hard Candy (NO RED)

KOOLAID (NO RED)

Day Prior to your Colonoscopy:

Step 1: At **2:00pm** take 2 tablespoons of Sorbitol every hour for six hours.

Step 2: Do not eat or drink after midnight. You may gargle but do not swallow any liquid. This includes gum, hard candy, and tobacco products.

Step 3: Give yourself one Fleet enema (saline) the morning of the procedure, one hour before going to the hospital. (Please Note: Fleet markets two different types of enemas- a saline enema and an enema with mineral oil. Please **DO NOT use the enema with mineral oil before your procedure.**)

IMPORTANT:

1. If you take blood pressure medicine, heart tablet or seizure medicine, you may take with a sip of water.
2. If you take Insulin, Take ½ of your regular dose the evening before. Do not take your diabetic pills or Insulin the morning of the test.
3. Your driver must stay at the Procedure Center during your entire visit, or your procedure WILL BE rescheduled. **After the procedure you will not be able to drive or work the remainder of the day.** Please expect to be at the procedure center for 2 to 4 hours.

***IF YOU TAKE ASPIRIN, STOP ASPIRIN 1 DAY BEFORE PROCEDURE.
IF YOU TAKE COUMADIN OR PLAVIX, YOU WILL NEED TO STOP COUMADIN OR PLAVIX 5 DAYS BEFORE PROCEDURE.
IF YOU ARE A DIABETIC, DO NOT TAKE YOUR MEDICINE THE DAY OF THE PROCEDURE.**

Please call our office with any questions: 770-214-2800

Due to limited space in our waiting area, we ask that you bring no more than 2 people with you.

Thank you!