

You are scheduled for a procedure called a Colonoscopy on
(Date and Time) at Togus VAMC

PLEASE READ ALL INSTRUCTIONS IN THIS LETTER CAREFULLY!

PRIOR TO YOUR PROCEDURE DATE

One week (7 days) prior to procedure date

- 1.-Stop taking iron or a multivitamin with iron supplements, herbs, and supplements including ginkgo and fiber
- 2.-Stop eating corn, beans, tomatoes, seeded fruit (raspberries, kiwi, strawberries)
- 3.-Stop taking Aspirin
- 4.-Call the nurses in the Endoscopy unit if you take Coumadin, Jantoven (Warfarin), Plavix (clopidogrel), Aggrenox (aspirin/dipyridamole), Insulin, or any oral diabetic medications (metformin,glipizide, glyburide).
- 5.-CALL THE ENDOSCOPY SUITE (623-8411 ext 5014) IF YOU HAVE NOT RECEIVED THE MEDICATIONS TO COMPLETE THE PREP AS LISTED BELOW
- 6.-ARRANGE FOR A DRIVER, YOU WILL NOT BE ABLE TO DRIVE HOME AFTER YOUR PROCEDURE DUE TO THE MEDICATIONS WE WILL GIVE YOU FOR THE PROCEDURE
****see additional information below.
- 7.-Call (207)623-8411 ext 5014 to confirm that you are coming to your appointment, you may leave a message any time of day, please leave your last name, last 4 numbers of social security number, appointment date and time, and phone number to contact you if needed. If you have a question that needs to be answered we will call you back if not we will not call you back, consider your appointment confirmed.

2 DAYS BEFORE YOUR PROCEDURE

1. Stop all fiber supplements (Metamucil,Psyllium Fibercon, calcium polycarbophil, Citrucel, methylcellulose)
2. Take 2 Bisacodyl tablets in the morning and 2 tablets in the evening
3. Start Low Residual Diet starting with breakfast
 - a. Low fiber cereal
 - b. White bread/ toast
 - c. Plain crackers
 - d. Skinless potatoes
 - e. Turkey
 - f. Chicken
 - g. Fish
 - h. Applesauce
 - i. Bananas
 - j. Rice
 - k. Canned fruit without seeds and skins
 - l. Cooked/ canned vegetables without seeds
4. Foods to avoid

- a. Corn in any form including popcorn
- b. Raw vegetables
- c. Raw fruit
- d. Any food with seeds
- e. Whole wheat cereal
- f. Whole wheat bread
- g. Raisins
- h. Ice cream with nuts
- i. Dried fruit
- j. Nuts
- k. Granola
- l. Brown rice

1 DAY BEFORE YOUR PROCEDURE

Start clear liquid diet(No Solid Food TODAY) starting with breakfast.

Clear liquid diet includes:

- coffee (no creamers, can use sugar)
- tea
- soda (Ginger Ale, Pepsi/Coke, Sprite/7 Up, Mountain Dew, root beer)
- jello (No red flavors)
- juices (No red flavors)
- popsicles (No red flavors)
- broth only (chicken, beef, vegetable)
- Gatorade (No red flavors)
- water
- drink mixes for water such as Crystal Light, Kool-Aid, (No red flavors)

COLON PREP:

1. At 8am mix Golytely (PEG-3350/ELECTROLYTES PWDR) with water and place in refrigerator
2. From 4pm to 7pm drink contents of jug, 8 ounces every 10-15 minutes until 3 quarts of the Golytely (PEG-3350/ELECTROLYTES PWDR) has been consumed. Drink as slowly as needed, DO NOT ADD ICE.
3. Take 4 Bisacodyl tablets by mouth at bedtime

Drink plenty of liquids throughout the day to avoid becoming dehydrated

Failure to correctly do your prep as stated above may result in your procedure needing to be rescheduled.

DAY OF PROCEDURE

1. 4 Hours prior to your procedure time drink remaining quart of Golytely (PEG-3350/ELECTROLYTES PWDR) over 1 hour 8oz. every 15 minutes. This is very important. Once finished nothing to eat or drink.
2. DO NOT TAKE DIABETIC PILLS OR INSULIN. CHECK YOUR BLOOD SUGAR.
3. Take your blood pressure medication 2 hours prior to your procedure time
4. Check in building 200, 5 South Endoscopy Unit 30 minutes prior to your appointment time.

5. Your DRIVER must check in with you

*****You will NOT be able to drive the same day of your procedure.
WE REQUIRE TO SEE YOUR DRIVER BEFORE AND AFTER THE PROCEDURE. Failure
to provide proof of a driver will result in the cancellation of your
procedure.

If transportation is a problem for you, please contact DAV (207) 623-8411
extension 5790 to see if they will be able to help with transportation
arrangements.

Please give us plenty of notice if you are unable to keep this
appointment so another veteran can have your spot. For questions or
concerns, please call (207)623-8411 or toll free (877)421-8263
extension 5014 to speak to one of the Endoscopy Nurses.

Please bring this letter with you to your procedure.

Thank You!