


## EVENING DOSE BOWEL PREPARATION INSTRUCTIONS

**Please read all these instructions carefully and call the office if you have any questions**

For this preparation you will need to purchase a prescription bowel preparation kit. You should fill this prescription as soon as you have scheduled your procedure.

Procedure Day:	Arrival Time:	AM/PM
<input type="checkbox"/> Overlake Hospital - check in on 1 <sup>st</sup> floor hospital main lobby Tel: 425-688-5252 <input type="checkbox"/> OSC(Overlake Surgery Center) 3 <sup>rd</sup> floor, Medical Tower Tel: 425-706-2500		
<input type="checkbox"/> Dr. Ehsan	<input type="checkbox"/> Dr. Umamaheswaran	

5 Days Before	Day before	Day of Procedure
<ol style="list-style-type: none"> <li>1. <b>Stop all blood thinners including Aspirin unless a specific plan has been made.</b></li> <li>2. Stop fiber supplements, vitamin E, fish oil and multi-vitamins with iron.</li> <li>3. Stop eating berries, nuts and seeds.</li> <li>4. Confirm with your driver (if same day discharge is planned you must arrange to have someone to escort you home). If arrangements are not made, the procedure center may cancel your procedure.</li> </ol> <div style="text-align: center;">  <p><b>No driver = No Sedation</b></p> <p><b>**If for any reason you think you will not be able to make it to the appointment, you must contact the physician on call and the procedure unit to notify us of this**</b></p> </div>	<ol style="list-style-type: none"> <li>1. <b><u>Before 9 a.m.:</u></b> you may have breakfast (<b>eggs, meat or dairy only</b>) <b>NO fiber, whole grains or fruit.</b></li> <li>2. <b><u>After 9 a.m.:</u></b> No solid food, no dairy, no juice with pulp, no alcohol until after the procedure. You must follow a <b>clear liquid diet</b>. This consists of any liquid you can see through. <i>Examples include: Clear juice, sports drinks (Gatorade), coffee or tea without cream. Soft drinks, clear broth, Jell-O or Popsicles.</i></li> <li>3. To stay hydrated, <u>drink at least 32 ounces of clear liquids.</u></li> <li>4. <b><u>At 6 p.m.:</u></b> <b>within 1 hour</b> complete first dose of the bowel preparation. Dilute and drink the solution based on the package instructions.</li> <li>5. <b><u>At 10:30 p.m.:</u></b> <b>within 1 hour complete</b> second dose of the bowel preparation. Dilute and drink the solution based on the package instructions. <i>This formula will not absorb into your system, and will not cause problems with heart or kidney patients. The laxative will induce a state of diarrhea, to cleanse the colon.</i></li> </ol>	<ol style="list-style-type: none"> <li>1. <b><u>Have nothing by mouth 4 hours before the procedure. This includes: gum, candy and any liquids.</u></b></li> <li>2. <b>MEDICATIONS TO TAKE:</b> (with a sip of water) blood pressure, heart and respiratory.</li> <li>3. Wear loose-fitting, comfortable clothing.</li> <li>4. <b>Do not</b> wear jewelry, watches, purses, wallets and valuables.</li> <li>5. Bring picture ID, insurance card, CPAP machine (if you have sleep apnea), list of medications, information card if you have a pacemaker/defibrillator and any inhalers.</li> </ol> <p>You may receive medications during the procedure and should not drive, use mechanical equipment or sign legal documents for 12 hours.</p>

The colon must be completely clean of waste material prior to your procedure. Follow the preparation instructions very carefully, as any remaining stool can obscure visualization of the lining of the colon which will interfere with our ability to provide you with a complete examination and could result in rescheduling of the procedure.

**Clear liquids include:** clear juice (apple, cranberry, grape), sports drinks (Gatorade, PowerAde), plain coffee or tea without cream, beef, chicken or vegetable broth, Jell-O, popsicles and water.

Drinking the preparation from a straw may help you get it down easier. If you become nauseated while drinking the liquid preparation, stop for a few minutes, walk around and start drinking again at a slower pace. Drink the full amount as directed even if it takes a little longer to drink it.