Ex-Lax Prep Instructions for Colonoscopy

Patient: ______________________  Date: ____________  Admit time: ____________

Please report to: _____Lincoln Surgery Endoscopy Services at 1730 S. 70th St  Ste 120 (402)484-9050
_____St. Elizabeth Regional Medical Center at 555 S. 70th St

Preparing for your exam

Five days prior:
Please STOP your medications that have blood thinning effects, such as: Aspirin, Motrin, Ibuprofen, Aleve, Celebrex, and arthritis medications. Tylenol is OK.
If you are on Coumadin, Plavix, or any other anticoagulant/antiplatelet medication please discuss how to handle this with your primary care physician. (We usually prefer you stop these types of medications 5 days prior to procedure.)
Do not consume products that contain olestra, or Alli (used for weight loss).
Diabetics: If you are diabetic and take insulin, call your primary care physician for instructions.
If you are able, please check your blood sugar before leaving your house.

One day prior:
NO FOOD all day! Drink only CLEAR LIQUIDS (see below) starting when you wake up in the morning, throughout the whole day and up until 2 hours before your scheduled admit time. The more clear liquids you drink, the better the prep solution will work and the better you will feel.
Below is a list of a clear liquid diet, please note that no red dye is allowed (no red jello, red drinks etc.) Please limit all dark beverages such as Tea, Soda, Coffee, etc. to 2 cups daily.

Sample of clear liquids: NO RED DYE

<table>
<thead>
<tr>
<th>Soda</th>
<th>Juice</th>
<th>Sports drinks</th>
<th>Other Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Sodas</td>
<td>Apple</td>
<td>Gatorades</td>
<td>Coffee/tea (limit 2)</td>
</tr>
<tr>
<td>Root beer</td>
<td>Cranberry</td>
<td>Powerades</td>
<td>Crystal light</td>
</tr>
<tr>
<td>Sprite/7up</td>
<td>Grape</td>
<td>All Sport</td>
<td>Jellos</td>
</tr>
<tr>
<td>Coke/Pepsi</td>
<td>White grape</td>
<td>Propel</td>
<td>Broths/bouillons</td>
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<td></td>
<td></td>
<td></td>
<td>Popsicles</td>
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<td></td>
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<td>Water</td>
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</tbody>
</table>

At 1:00 P.M. the day before your procedure:
A. Take 10 tablets (15 mg each).
B. Drink at least 2 Liters of clear liquids between 1:00 pm and 9:00pm.

At 9:00 P.M. the day before your procedure:
A. Take 10 tablets (15 mg each).
B. Drink plenty of clear liquids thereafter. Again, the more you drink, the better the prep works and the better you will feel.

Day of Procedure:
By this time your stools should look clear/yellow (urine like) and you should be able to see through the liquid to the bottom of the toilet. Please continue to drink clear liquids until two hours prior to your procedure, then nothing more to drink. You may….
1. Take your morning heart, blood pressure or seizure meds with sips of water.
2. It’s OK to brush your teeth/gargle in a.m.
3. Show up for the exam at the above scheduled time.

*** Please call physician at 402-441-5600 if prep isn’t working by 9:00 p.m. or if vomiting prep

***Due to the sedation, you must have a designated driver to take you home or your test will be cancelled. We expect your driver to remain at our facility. Taxi or bus rides are not allowed unless accompanied by a responsible adult.
Plan on being at our clinic for approximately 1 ½ - 2 hours.

If your procedure is at Lincoln Surgery Endoscopy Services, please check out our website for more information and recommendations at www.lincolngi.com.