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COLONOSCOPY PREPARATION
Visicol Prep

BEGIN THIS PREP THE DAY BEFORE YOUR TEST.

YOU MUST BE ACCOMPANIED BY A DRIVER FOR THIS EXAM; A TAXI OR BUS ARE NOT ACCEPTABLE.

At your local pharmacy, fill your Visicol prescription. This is a laxative to cleanse the bowel. You will need at least two 12oz. cans of ginger ale (regular or diet). *Do not substitute with any other liquid e.g. Sprite or 7-Up.*

If your colonoscopy appointment is before 11AM

1. Clear Liquid diet (see list) starting at breakfast the day before your colonoscopy. **No solid food may be consumed this day.**
2. **At 4pm*** take 4 Visicol tablets with at least 8 oz. of any clear liquid, every 15 to 20 minutes for a total of 5 doses (20 tablets). After the last 4 tablets, drink one 12 oz. can of ginger ale. *Do not substitute with any other beverage, e.g. Sprite or 7-Up.*
3. **At 8pm**, repeat the above dosing schedule. Drink one 12 oz. can of ginger ale after the last tablets as before.
4. Do not eat or drink anything after midnight prior to your exam unless instructed otherwise.

If your colonoscopy appointment is 11AM or later

1. Clear Liquid diet (see list) starting at breakfast the day before your colonoscopy. **No solid food may be consumed this day.**
2. **At 6pm** take 4 Visicol tablets with at least 8 oz. of any clear liquid, every 15 to 20 minutes for a total of 5 doses (20 tablets). After the last 4 tablets, drink one 12 oz. can of ginger ale. *Do not substitute with any other beverage, e.g. Sprite or 7-Up.*
3. **At 6am** the day of your colonoscopy, repeat the above dosing schedule.

IMPORTANT: Consume as much clear liquids as possible before and after Visicol laxative to avoid dehydration and improve the quality of the prep.

List for Clear Liquid Diet (avoid red or purple colors):

Jello (plain, without fruit)	Soda-pop	Apple Juice	Popsicles	Kool-Aid	Broth
Coffee or tea without milk or cream		Hard Candy	Lemonade		

Medication Restrictions:

Coumadin: Must be stopped at least 3 days before test -- discuss with your doctor.

Aspirin, NSAIDs, Plavix, Aggrenox, Persantine, Dipyridamole, Pletal: Must be stopped 5 days before test.

Oral Diabetes Medications: Take as usual the day before your test. Do not take your oral diabetes medications until colonoscopy is complete and you are ready to eat.

Insulin: You must call your family doctor or diabetes doctor for instructions on how to adjust your insulin the day before and the day of your test.

Iron supplements: Please discontinue iron supplements 1 week prior to colonoscopy.

Other regular medications: Take other medicines as usual the day before your colonoscopy. The day of your test you should take any heart or blood pressure medicines with a small amount of water.