

Instructions for Colonoscopy

A colonoscopy is a procedure designed to evaluate in inside of the colon. A fiber optic scope is inserted by a gastroenterologist and advanced under direct vision through the entirety of the colon. During the procedure samples of tissue (biopsies) may be taken. Growths such as polyps may be removed if seen. The physician performing the procedure will inform you of what is found after the procedure has been completed. Biopsy results typically require 7-10 working days for processing; you will be contacted by phone with the results and appointments arranged as deemed appropriate.

-Joanna Ready, MD
Chief of Gastroenterology

Seven (7) days prior to your appointment, you should discontinue taking iron supplements, aspirin, or other arthritis medications such as Motrin, naprosyn, Aleve, Nuprin, etc. Tylenol is permitted, however it is very important for you to discuss with your primary care provider, any other medications that you are taking including Coumadin, Insulin and diuretics. ALL PATIENTS WITH RENAL DISEASE/ALL DIALYSIS PATIENTS SHOULD CONTACT THEIR PHYSICIAN REGARDING THE LAXATIVE TO USE. The entire day before your appointment, you will need to stop eating all solid foods and be on a clear liquid diet. In general, clear liquids are anything you can see through. If you cannot see through it, it is not clear. Caffeine and alcohol should be avoided because they will dehydrate you. Only the following items are allowed: Water, vegetable broth, chicken broth, bouillon, consomme', white grape juice, apple juice, cranberry juice, 7-Up, Sprite, Kool-Aid, Gatorade, jell-o (yellow, orange & green only), Popsicles, honey, clear or stick candy, mints and chewing gum.

You will need to purchase a three (3) oz. bottle of Fleet Phospho-soda, Oral Saline Laxative at any pharmacy; this is a non prescription laxative. Fleet Phospho-Soda is a laxative that will create excessive bowel movements. Do NOT use a Fleet enema or oil base laxative.

If your appointment is between 8:00a.m.-9:30a.m.:

A. At 3pm the day before your appointment, pour one-half (1/2) of the bottle of Fleet Phospho Soda into a 4oz. glass of clear liquid (cranberry juice or 7-Up) and drink (sip slowly over 10-20 minutes. Most people find that mixing the laxative makes it easier to drink. After drinking one dose of the laxative, drink at least seven (7) eight ounce glasses of clear liquids, the more you drink, the better the effect.

B. At 8pm the day before your appointment, add the remaining one-half (1/2) of Fleet Phospho Soda into

If your appointment is 10:00 a.m. or later:

A. At 7:pm the night before your appointment, pour one-half (1/2) of the bottle of Fleet Phospho Soda into a 4oz. glass of clear liquid (cranberry juice or 7-Up) and drink (sip slowly over 10-20 minutes. Most people find that mixing the laxative makes it easier to drink. After drinking one dose of the laxative, drink at least seven (7) eight ounce glasses of clear liquids, the more you drink, the better the effect.

B. Six (6) hours before your appointment, add the remaining one-half (1/2) of Fleet Phospho Soda into

a 4oz. glass of clear liquid (cranberry juice or 7-Up) and drink (sip slowly over 10-20 minutes. Most people find that mixing the laxative makes it easier to drink. After drinking one dose of the laxative, drink at least seven (7) eight ounce glasses of clear liquids, the more you drink, the better the effect.

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* After you start drinking the laxative, it will take 15-45 minutes for bowel movement to occur. Consider staying close to the bathroom. Having loose bowel movements can deplete fluids from your system, so drink plenty of fluids to replenish it.

If you cannot keep your appointment or you have more questions, please call us at 408.236.4889 between 8:30 a.m.-12:30 p.m. Monday through Friday. Missed appointments will NOT be rescheduled.