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READ THESE INSTRUCTIONS COMPLETELY SEVERAL TIMES TO ENSURE THAT THE COLON CLEANSE IS DONE CORRECTLY!

Madison Memorial Surgery Center

In order to be able to see the inside of your colon it needs to be cleaned out. This cleansing is done by giving medications that will give you diarrhea. This is frequently the most unpleasant part of the examination. It is important that these directions be followed otherwise the preparation may not be complete and I may not be able to complete the exam.

Step 1- Decide when you are going to have your colonoscopy. My office staff will be able to help you with this. I do colonoscopies on Thursdays at the Madison Memorial Surgery Center. **I will not be able to give you an exact time for the procedure until the afternoon before the procedure.** Madison Memorial Surgery Center will call you the day before your procedure around 4:00 p.m. to tell you what time to check in. If you haven't heard from the Surgery Center by 4:00 p.m. call them at (208) 359-2300.

Your Colonoscopy has been scheduled on _____

Step 2- Fill your prescription for **SUTAB**. I will send an electronic prescription to the pharmacy of your choice.

Step 3- **The day before your procedure** you must be on a "clear liquid" diet. **You may not eat or drink anything other than those listed below on the day before the procedure.** As a general rule if you can see through the liquid it is considered clear. It is important to drink plenty of liquids the day before the procedure. Do not drink liquids that contain **artificial red food coloring** as this is not digested and looks like blood in the colon.

Allowed Beverages

Water	gelatin
Apple, white grape cranberry juice	Popsicles
Fruit flavored drinks	fat free bouillon
Carbonated beverages	fat free broth water
Coffee and tea (no cream or milk)	

Step 4-Disregard any instructions on the box and follow these instructions exactly. The day before your procedure:

At 4:00 pm open 1 bottle of 12 tablets, fill the provided container with 16 oz. of clear liquid. Swallow 1 tablet every 1 to 2 minutes. You should finish the 12 tablets and the entire 16 ounces within 20 minutes.



1 hour after the last tablet has been taken, fill the provided container again with 16 oz. of clear liquid and drink the entire amount over 30 minutes. Approximately 30 minutes after finishing the second container of clear liquid, fill the container again with 16 oz. of clear liquid and drink over the next 30 minutes.

The rest of this evening you may drink as much clear liquids as you desire.

Step 5- The day of your procedure:

5 hours before your scheduled colonoscopy repeat step 4 as outline above.

Step 6- Take your normal medications the morning of the procedure with a minimal amount of clear liquids. **If you are taking ozempic, semaglutide, rybelsus, wegovy, mounjaro, tirzepatide, or zepbound you need to stop taking this 1 week prior to surgery. Please discuss this with the doctor**

Step 7- Nothing to eat or drink after the second bottle of tablets and 3 glasses of clear liquid.

Step 8- Check in at Madison Memorial Surgery Center at the time they asked you to. If I am running behind schedule we will try to call you at home and delay your arrival. Please be patient if this happens to you.

Step 9- You **MUST** bring someone with you to drive you home. If you don't have a ride your procedure will be cancelled.

Step 10- After the procedure, you will be under the effect of narcotics and will not be able to drive, operate equipment, sign important papers or perform similar tasks. The following day you may feel a little "gassy" but should be able to do anything you desire. Rarely will people develop bleeding in the days following the procedure. If this is significant then notify me immediately.

Step 11- Personnel from Madison Anesthesia will be giving you the medications to make you comfortable through the procedure. This is a great service as it allows you go to sleep and be completely unaware during your colonoscopy. You will be getting a separate bill from them for their services.

If you have concerns or questions, please call me.

Brian Christensen