

Colonoscopy Instructions

To ensure a successful exam, please follow all instructions carefully!

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- You **MUST** arrange a ride for the day of your exam. If you fail to arrange acceptable transportation, your procedure will need to be rescheduled.
- If you have diabetes, ask your primary care physician or Endocrinologist for diet and medication instructions.
- If you are or may be pregnant, please discuss the risks and benefits of this procedure with your doctor.
- Please bring a list of all of your current medications, including any over-the-counter medications with you.
- If you must cancel or reschedule your appointment, please call your doctor's office as soon as possible.

Seven days before your procedure:

- If you take aspirin or NSAIDS such as Advil, Motrin, Celebrex or Ibuprofen, you may continue to take them as usual unless otherwise instructed by your physician.
- If you take a **blood thinner** like Plavix, Pradaxa, Clopidogrel, Coumadin, Warfarin, Effient, Prasugrel or Lovenox, you must discuss this with your doctor and prescribing physician.
- If you are taking any form of iron (ferrous sulfate, ferrous gluconate), please stop this one week or seven days prior to your procedure.
- If you are taking any form of fiber supplementation (Metamucil, Citrucel, Konsyl, Benefiber etc.), please stop this one week or seven days prior to your procedure.
- Please minimize your intake of high fiber foods with seeds and grains until your procedure

One day before your procedure:

- **DO NOT EAT ANY SOLID FOOD THE DAY PRIOR TO YOUR PROCEDURE AND START A CLEAR LIQUID DIET.**
- Do not consume any red or purple liquids or alcohol.
- Acceptable clear liquids include: water, tea, black coffee, Apple juice, Ginger ale, Sprite, 7UP, Gatorade, Powerade, Vitamin Water, Crystal Light
- Do not eat or drink anything containing fruit or vegetable pulp/seeds, milk or cream, or anything that is NOT clear.
- You **MUST** drink the bowel preparation as instructed by your physician.

On the day of your procedure:

- Stop drinking clear liquids 6 hours prior to your exam.
- You may take all your usual morning medications with 4 oz of water up to 4 hours prior to your procedure.
- Bring a list of all your current medications, including any over-the counter medications, with you to the endoscopy center
- **You cannot work or drive the rest of the day after your procedure.**