

About your Colonoscopy

A colonoscopy is a procedure that your doctor will perform with a flexible viewing scope used to examine the lining of your large colon. The doctor is looking for any abnormal tissue growths such as polyps or tumors. Biopsies may be taken at that time. Prior to the procedure, you will be given medication through an IV. Because of the medication, most commonly, there is no recollection of the procedure. You will talk to the endoscopy doctor and anesthesiologist prior to the procedure for discussion and questions.

Medications:

Do not take any over-the-counter pain relievers/blood thinners such as Ibuprofen (Advil), Naproxen (Aleve) etc. for 3 days before procedure.

- Tylenol and baby Aspirin (81mg) (for your heart) are Okay.
- if you take **Coumadin, Warfarin, or Plavix**- if approved by your prescribing doctor, stop 5 days prior to procedure.
- If you take **Pradaxa, Eliquis, or Xarelto**, - **if approved by your prescribing doctor**, stop 48 hours prior to procedure.
- If you take **Ozempic, Wegovy, Vicotza, or phentermine** - if approved by your prescribing doctor, stop two weeks prior to procedure.

If you take Insulin or oral Diabetic medication:

- Short acting- take ½ dose the night before procedure. Do not take the day of procedure.
- Long-acting insulin- Do not take the night prior to procedure or day of procedure.
- Oral meds- Do not take the night before your procedure or the day of your procedure.

You can take regular medications the day before your procedure and after the procedure.

- **DO NOT TAKE** vitamin E, Vitamin A, Fish oil, or Flaxseed 3 days prior to your procedure.
- Day of procedure only take Beta Blocker (such as Metoprolol), seizure medication, asthma medication if needed (**bring your inhaler to procedure**), or chronic pain medication. They should be taken with only a small sip of water.
- **PICK UP PRESCRIPTION PREP AS SOON AS IT'S READY, IT CAN BE HARD TO GET.**

Suprep, Plenvu or Sutab preps, Dose 1:

Day prior to procedure: You will need to be on a clear liquid diet all day. Please start your prep sometime in the window of **2-4pm**. Follow the instructions for eating that we give you instead of the prep box. Follow the prep box instructions for mixing prep. It could take anywhere from 15 minutes to multiple hours for the prep to start working, depending on your body.

If you need extra prep precautions due to constipation or a poor cleanse in the past. Please take 2 Tablespoons of Milk of Magnesia twice daily the 2nd and 3rd days before your procedure. Start your prep the day before your procedure.

Clear Liquid Diet

Clears allowed: Water, tea, black coffee (no milk/cream), carbonated beverages, sports drinks, clear soda, fruit flavor drinks with no pulp, apple juice, clear grape juice, lemonade, Jello, popsicles, clear broth (including Bone broth), honey, syrup, clear hard candy, salt.

Foods to avoid: Solids, milk products (including coconut, almond, and soy milk), meats, fruit, grain, soups, desserts, and alcoholic beverages. **Avoid anything red, orange, or purple to avoid looking like blood.**

Day of procedure, Dose 2:

The second prep should be taken **5 hours** before the procedure starts. The prep should be finished, and **nothing in your mouth 3 hours prior to the start of your procedure**. That also includes fluids, gum, mints, and smoking. Arrive 1 hour prior to the start of your procedure. Come in through the main hospital and check in at the information desk. You will need a driver to take you home after the procedure. Driver must be over 18 with a valid driver's license. Rides must stay at hospital or within 15 min away. The whole procedure from walk-in to walk-out is about 2 hours total.

TIPS:

- Stay near a toilet after you start the prep, you will have urgent diarrhea.
- Drinking the prep through a straw and chilled can help make the prep more tolerable.
- Use a lemon or lime wedge to suck on between glasses to help with taste.
- If you are feeling nauseous, rinse out your mouth and take a 15–30-minute break and then continue.
- Hemorrhoid cream or alcohol-free wipes can help skin.
- Try to drink water to stay hydrated till cut-off time.
- If stools are not clear or yellow on morning of procedure, you can take 2 Dulcolax pills with 8 oz. of water to help with clean out. If it is still not clear, then please contact us.
- If needed, you can have a small cup of white rice on the morning of prep day (day before procedure).

FOR QUESTIONS, CONCERNS, OR CANCELLATIONS: contact the office at 303-269-2085