



## Important Colonoscopy Information

- ❖ No eating or drinking (including water) four hours before arrival time **except** for seizure, blood pressure and/or heart medications. No chewing gum, mints or hard candy until after your procedure. **YOUR PROCEDURE WILL BE CANCELLED IF YOU EAT OR DRINK.**
- ❖ Your procedure will be **cancelled** if you do not have a driver. You will not be able to drive the entire day of your procedure.
- ❖ **ATTENTION ALL WOMEN:** A urine specimen is required upon arrival, unless you have had a hysterectomy or are 51 years or older and have been in menopause for a year.
- ❖ High fiber foods include fruit skins, fresh or dried fruit, grapes, tomatoes, whole grain bread/cereal, seeds, nuts, popcorn, beans and green beans.
- ❖ A clear liquid diet includes liquids you can see through such as: clear broth or bouillon, water, pop (Vernors, Sprite), popsicles, Propel, Jello, **pulp-free** fruit juices (apple, white grape). The following beverages are also acceptable: Coke/Pepsi, lemonade, Gatorade/Vitamin waters (except red, blue or purple), coffee or tea – sugar/substitute is ok but NO milk or creamer.
- ❖ Apply petroleum based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools. Consider use of a protective barrier for bedding.
- ❖ If your last bowel movement is not clear or yellow liquid the morning of your colonoscopy, use a fleet enema. Use only if you do not have kidney disease and are under the age of 70.

<p>Please review the following section if you are taking any of the listed medications.            If you have been placed on these medications within the last year, contact your cardiologist for instructions and inform your physician of any changes that have been made.</p>	
Aspirin	Continue
Aspirin with Effient/Prasugrel	Stop Effient 7 days prior
Aspirin with Brilinta/Ticagrelor	Stop Brilinta 5 days prior
Aspirin with Plavix/Clopidogrel	Stop Plavix 5 days prior
Plavix, Effient, Brilinta only	Continue
Coumadin/Warfarin	Stop 3 days prior. If you have valvular disease or hyper-coagulable state, discuss with prescribing physician regarding a Lovenox/Enoxaparin Sodium Bridge.
Pradaxa/Dabigatran, Eliquis/Apixaban, Xarelto/Rivaroxaban, *NSAIDs	Stop 1 day prior
*Ibuprofen, Motrin, Advil, Aleve, Mobic	