



KANSAS GASTROENTEROLOGY KANSAS ENDOSCOPY



Preparing for your Colonoscopy

If you are taking blood thinners (examples include: Coumadin, Plavix, Xarelto), please discuss specific instructions with your prescribing physician as soon as possible.

Ten Days Before your procedure:

- STOP taking phentermine or other weight loss equivalents.

Five Days Before your procedure:

- STOP taking ASPIRIN and NSAIDs (examples include: Ibuprofen, Motrin, Advil, Naproxen, Aleve, Excedrin, Meloxicam, Diclofenac, and Mobic).
- STOP taking fish oil, herbal supplements, iron, and multivitamins containing iron.

Three Days Before your procedure:

- Avoid nuts, seeds, raw fruits and vegetables with skin or hulls.
- Increase fluid intake.

The Day Before your procedure:

- Follow your bowel prep instructions (see attached page).
- DO NOT eat anything after completing your prep.
- DO NOT drink or take anything by mouth 6 hours before your procedure time. This includes: Mints, gum, hard candy, tobacco products, and marijuana. **Failure to do so will cause your procedure to be delayed or cancelled. This is for your safety!**

The Day of your procedure:

- You CANNOT drive yourself after the procedure. Sedation given requires you to arrange for transportation home. A responsible adult must accompany you from the procedure, into your home, and remain with you for a reasonable period of time. You are not allowed to take a cab home. **IF YOU DO NOT HAVE A DRIVER, YOUR PROCEDURE WILL BE CANCELLED.**
- Once completed, the prep should make stools clear to yellow liquid.
- Make arrangements to be off work the entire day of your procedure.
- Bring your rescue inhaler(s) and/or CPAP.
- Take blood pressure medication, heart pills, seizure pills, and prednisone with a sip of water. Don't take diuretics (water pills).
- If you must wear contacts, bring a container to place them in.
- Dentures need removed prior to the procedure. Please do not secure dentures with adhesive.
- Wear comfortable clothing and socks. Leave jewelry and valuables at home.
- **Females** of childbearing age, without hysterectomy, are required to provide a urine sample for a pregnancy test.

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