



COLONOSCOPY STANDARD PREP INSTRUCTIONS

****Please arrive at the facility at your scheduled time of arrival. This is usually 1 hour before your scheduled procedure time. You may have a short wait after arrival and completion of your paperwork at the facility.**

****A good colonoscopy preparation will allow a thorough inspection of your entire colon and provide the best results. You should have clear to yellow liquid bowel movements after completion of your prep. If you feel your prep was inadequate or have any questions regarding these instructions, please call 314-543-5200.**

Items you will need (available over the counter):

- Miralax or Glycolax, 1 bottle (238 grams) with **64 ounces of clear liquid**
- Dulcolax laxative, 2 tablets (not the stool softener)

5 days prior to your procedure:

Please **limit your consumption (avoid)** of seeds, nuts, corn, popcorn, raw fruits and raw vegetables.

Please inform us as soon as possible of:

- any recent heart conditions or if you are scheduled for any upcoming heart tests or procedures
- recent or current illness
- have an implanted defibrillator
- on home oxygen
- on dialysis

Medications:

Do not take Iron or Vitamins plus Iron for 5 days prior to your procedure.

Take your medications for blood pressure, heart, anxiety and asthma/lung the morning of your procedure with just enough water to get the medication down (less than 3 oz.) Bring your inhalers with you. If you are diabetic, **do not take oral diabetic medication or Insulin the morning of your procedure.** Take half of your usual Insulin dose the day before the procedure. If there are any issues regarding the interruption of your medication, contact your prescribing physician.

Blood thinner medications:

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| Dabigatran (Pradaxa) -hold 2 days | Rivaroxaban (Xarelto) -hold 2 days |
| Apixaban (Eliquis) -hold 2 days | Edoxaban (Savaysa, Lixiana) -hold 2 days |
| Ticagrelor (Brilinta) -hold 3 days | Warfarin (Coumadin, Jantoven) -hold 3 days |
| Clopidogrel (Plavix) -hold 5 days | Prasugrel (Effient) -hold 5 days |
| Ticlopidine (Ticlid) -hold 5 days | Cilostazol (Pletal) -hold 5 days |
| Dipyridamole (Aggrenox) -hold 5 days | Aspirin -hold 5 days |

****Patients with mechanical artificial heart valves cannot stop their anticoagulant medications (blood thinners) without discussion with their cardiologist**

On the day BEFORE your procedure:

-NO SOLID FOOD

-Drink clear liquids ONLY starting the day prior to your procedure (water, flavored water, apple juice, white grape juice, lemonade, Gatorade, chicken or beef broth or bouillon, tea, coffee **without** milk or creamer, clear juice **without** pulp, Jell-O, popsicles and other clear flavored drinks). Avoid purple or red colors. **No carbonated beverages.**

-At 10:00 a.m., take 2 Dulcolax laxative tablets by mouth

-At 12:00 noon, mix one bottle of Miralax or Glycolax (238 grams) in 64 ounces of clear liquid of your choice (Gatorade, Crystal Light, water, Propel, Vitamin Water, lemonade, tea, etc.)

-You may take as long as you need to drink the entire Miralax/Glycolax solution.

-DO NOT have anything by mouth after midnight until after your procedure is completed. This includes all food, liquids, gum, candy, mints and chewing tobacco. The only exception is a sip of water with your necessary medications. If you are scheduled after 1:00pm, you may have clear liquids up to 4 hours prior to your procedure
Failure to follow these instructions may result in your procedure being cancelled.

*****After following the steps above, if you are not having clear to yellow liquid bowel movements please take 2 additional Dulcolax before bed*** make bold**

Procedure day:

-Do not have anything by mouth until after your procedure is completed (see above instructions).

-You may take your heart, blood pressure, anxiety, and asthma/lung medications with just enough water to get the medication down (less than 3 ounces). Bring inhalers with you.

-If you are diabetic, **NO INSULIN or ORAL diabetic medication** the morning of your procedure. If you wear an Insulin pump, please contact your endocrinologist for instructions regarding your dose.

-NO DRIVING the day of your procedure due to sedation. You must have a responsible adult with you to drive you home. The use of a cab or ride sharing service such as an Uber or Lyft is **not allowed** unless you have a family member or friend to accompany you. **(Certified medical transport services are acceptable.)** **Failure to have acceptable transportation for discharge will result in your procedure being cancelled.**