

PRE-PROCEDURE INFORMATION

Please read at least seven (7) days in advance!

ENDOSCOPY:

- **Nothing to eat or drink after midnight the evening before your procedure.**
- Do not take any over the counter medication containing aspirin, ibuprofen or naproxen for five days prior to the procedure. Tylenol is OK.
- **If you take a daily low dose (81mg) aspirin for a history of heart disease or stroke, you should continue this medication.**
- If you are on blood thinners or antiplatelet medications such as Warfarin (Coumadin), Plavix, etc., please make sure you communicated this information to your Gastroenterologist at the time of your pre-procedure visit so they can determine how to adjust this medication.
- The day of the procedure, please take your regular blood pressure and cardiac medication, with a small sip of water. Take these medications at least two hours before the procedure.
- Diabetes medications: Take ½ of your medication the day prior to the procedure and none the day of the procedure.

COLONOSCOPY:

You have a colonoscopy scheduled in the near future. To have a good exam, your colon must be clean. Please follow the instructions below to achieve the necessary colon cleansing prior to your procedure.

- Clear liquids only on the day prior to the procedure, starting when you wake up in the morning. These include liquids you can see through, such as chicken, beef or vegetable broth, fruit juices, water, coffee or tea without milk or creamer, and Jell-O. Good options include apple juice and grape juice. You should avoid red and purple colored liquids (such as cranberry juice, dark grape juice or red/purple Jell-O). Also avoid thick fruit juices that you cannot see through such as orange juice, tomato juice, nectars, etc.
- Avoid the following food for at least two (2) days prior to the procedure as certain foods can remain in the colon even after the clear liquid diet. These foods are leafy vegetables (lettuce, spinach, kale), whole corn kernels, whole grain bread, any seed containing bread, muffin, or bagel, all products containing flax seed.
- Do not take any over the counter medication containing aspirin, ibuprofen or naproxen for five days prior to the procedure. Tylenol is OK.
- **If you are taking a low dose (81mg) aspirin a day for a history of heart disease or stroke, you should continue this medication.**
- If you are on blood thinners or antiplatelet medications such as Warfarin (Coumadin), Plavix, etc., please make sure you communicated this information to your Gastroenterologist at the time of your pre-procedure visit so they can determine how to adjust this medication.
- The day of the procedure, please take your regular blood pressure and cardiac medication, with a small sip of water. Take these medications at least two hours before the procedure.
- Diabetes medications: Take ½ of your medication the day prior to the procedure and none the day of the procedure.
- **FOLLOW ALL OF THE INSTRUCTIONS REGARDING THE BOWEL PREPARATION WHICH WERE PROVIDED TO YOU AT YOUR PRE-PROCEDURE OFFICE VISIT!!!**

MAKE SURE YOU HAVE ARRANGED FOR A DRIVER TO TAKE YOU HOME AFTER YOUR PROCEDURE!!