

# COLONOSCOPY INSTRUCTIONS



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## Preparing for Your Procedure

### Stop taking the following medications:

You will need to stop taking certain blood-thinning medications in the days before your colonoscopy. If you take a blood-thinning medication, please check with the doctor who prescribed your medication before stopping it.

#### 7 Days Prior To Your Procedure:

- Stop taking all anti-platelet medications: Plavix (clopidogrel), Pletal, Ticlid (ticlopidine), Aggrenox, Agrylin (anagrelide), or Effient.

#### 5 Days Prior To Your Procedure:

- Stop taking Coumadin (warfarin) and Jantoven.

#### 2 Days Prior To Your Procedure:

- Stop taking Pradaxa (dabigatran), Xarelto (rivaroxaban), Eliquis (apixaban), and iron supplements.

#### 12hours Prior To Your Procedure:

- Stop taking Lovenox

### Follow a special diet before the colonoscopy.

You will not be able to eat solid food the day before your exam. Drinks are limited to **clear liquids** (water, sports drinks, tea, broth, jello, popsicles, clear fruit juices without pulp, coffee without milk or creamer, or clear carbonated beverages). Avoid red and purple liquids, which can be confused with blood during the colonoscopy.

### Take a Laxative.

Before a colonoscopy, you'll need to clean out (empty) your colon. To accomplish this, you will need to follow the bowel preparation instruction on the other side of this page. The laxative in your bowel preparation will cause you to have diarrhea. You should plan on being near a bathroom while taking your prep. Any residue in your colon may obscure the view of your colon during the exam.

### Bring a medication list.

Tell your doctor about all the medications and supplements you're taking before your endoscopy. Be sure to bring a medication list with you. If you take heart, blood pressure, or seizure medication routinely, you may take the medication up to 2 hours before your procedure with a small amount of water. If you are diabetic, hold oral medications the morning of your procedure. If you take insulin, take only half of your normal dose depending on your morning glucose level.

### Plan ahead for your recovery.

You will receive anesthesia/sedation for this exam. You may feel mentally alert, but your memory, reaction times, and judgment may be impaired. You will not be allowed to drive or go back to work until the day after the procedure. You are not allowed to take a taxi, or bus, or leave the Center alone.

**IF YOU DO NOT HAVE A DRIVER HOME, YOUR PROCEDURE WILL BE CANCELLED.**

A nurse is available for questions Monday through Friday from 8am-4pm. Call 785-3500 press option 2.

### Your Appointment is scheduled for:

Date: \_\_\_\_\_  
Check in Time: \_\_\_\_\_  
Procedure Time: \_\_\_\_\_

#### Location:

- Endoscopy Center of Colorado Springs, 2940 N. Circle Dr.
- Penrose Main Hospital GI Lab 2222 N. Nevada Ave.
- St. Francis Medical Center 6001 E. Woodmen Rd.

#### If you are scheduled at the hospital:

- Call 776-8010 one (1) week prior to your procedure to pre-register
- Check in at registration –they will direct you to the GI Lab.

#### Your procedure is scheduled with:

- Dr. Van Os
- Dr. Lunt
- Dr. Howden
- Dr. Garza
- Dr. Cesario
- Dr. Kavanaugh
- Dr. Baker

