

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

Prepopik: Bowel Preparation Instructions

You will need to obtain a Prepopik bowel prep kit (requires prescription) which includes:

- 2 (two) Prepopik packages. A colon cleansing product.
- 1 (one) Mixing container with markings at 5 and 8 ounces

Prepopik Bowel Prep Kit is taken as a split dose regimen. You will take the first dose of the bowel prep solution the evening before your colonoscopy and the second dose at least eight hours prior to your colonoscopy. It is important to drink the additional clear liquids as recommended in the Bowel Prep Instructions. Both doses of the Prepopik are required for a complete prep.

Bowel Prep Instructions:

No solid food starting the day before your procedure.

You may have **clear liquids only** on the day before the procedure.

_____ : on the evening before your colonoscopy

Step 1: Add cool drinking water to the 5-ounce line on the mixing container.

Step 2: Pour one (1) Prepopik package into the mixing container and stir/mix well.

Step 3: Drink **ALL** the liquid in the container.

Step 4: You **must** drink 40 ounces (five 8-ounce containers) of your preferred clear liquid over the next 2 hours.

You should continue to drink clear liquids of your choice between prep doses.

_____ : eight hours prior to your colonoscopy

Repeat steps 1 through 4. You must start your second dose at least (8) eight hours prior to your procedure time.

_____ : on the morning of your colonoscopy

Nothing more to eat, drink, or chew. **IF YOU DO NOT STOP EATING AND DRINKING (6) SIX HOURS BEFORE YOUR PROCEDURE, YOUR PROCEDURE MAY BE CANCELLED.**

Tips for your bowel preparation:

Bowel prep is the most effective way to clean out the bowel. Completing the entire bowel prep offers the best chance that your bowel will be empty so the doctor can clearly view your colon.

Avoid high-fiber foods such as popcorn, beans, seeds (flax, sunflower, quinoa), multigrain breads, or nuts for several days prior to your colonoscopy.

Stay *very* close to a bathroom after taking the prep. Your bowel movements may be frequent, explosive and liquid (this is to be expected).

Drink as much fluid as possible during the day before your procedure. Try to drink at least 8 ounces of clear liquids every hour after waking up. Do not drink alcohol during your bowel preparation.

Some patients find it easier to drink the solution through a straw, slowly. You may also use water as a chaser while drinking your bowel prep (a couple sips of laxative and then a couple swallows of water).

Use soft toilet paper, hemorrhoid wipes and or Vaseline for skin irritation.

If you have chronic constipation (or take pain meds that cause constipation) we may need to use a two day bowel prep.

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