



Colonoscopy Instructions



You are scheduled for a colonoscopy.

Colonoscopy is a common, safe test to examine the lining of the large bowel. The colonoscopy examination is done by inserting a colonoscope, a flexible tube fitted with a miniature camera and light source, into the rectum and then through the length of the colon to examine the entire large intestine. Colonoscopy can detect and sometimes treat polyps, colorectal bleeding, fissures, strictures, inflammatory bowel disease, and colorectal cancer.

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

5 Days Prior To Your Procedure:

- Stop taking Coumadin (warfarin), Brilinta, and Jantoven.

2 Days Prior To Your Procedure:

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

12 hours Prior To Your Procedure:

- Stop taking Lovenox, aspirin, ibuprofen, other NSAIDs.

Follow a special diet before the colonoscopy.

You will not be able to eat solid food the entire day before your exam. When you wake up the day before your procedure, you should limit your diet to clear liquids only. Examples of **clear liquids** include 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 Bowel Prep.

Before a colonoscopy, you will need to clean out (empty) your colon. Please follow the prep instructions provided by your physician on this website and disregard directions on the prep box. The laxative in your bowel preparation will cause you to have diarrhea. You should plan to be 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 are 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, please refer to the Diabetic Instruction Page.

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, non-medical ride service, bus, or leave the Center alone. **IF YOU DO NOT HAVE A RESPONSIBLE ADULT TO ACCOMPANY YOU HOME, YOUR PROCEDURE WILL BE CANCELLED.**