

PROCEDURE PREPARATION

PRE-PROCEDURE MEDICATION INSTRUCTIONS

Note: You are to continue all of your heart, blood pressure and lung medications with a few sips of water at least 2 hours before your procedure. Make certain that the doctor is aware of any blood thinners (such as Coumadin or Plavix), arthritis medications, diet medications, herbal supplements, diabetes medications or insulin you are taking.

Unless otherwise directed, the following medications *should be avoided* during the week prior to your Colonoscopy, as they may increase the risk of bleeding or other complications during the procedure.

- Aspirin, or aspirin containing products (Check the label of any over-the-counter pain or cold medications.)
- Non prescription Ibuprofen (Motrin, Advil, Nuprin, Medipren, Aleve, etc.)
- Prescription anti-inflammatory medications (Anaprox, Ansaïd, Butazolidin, Celebrex, Clinoril, Daypro, Dolobid, Feldene, Indocin, Meclomen, Motrin, Nalfon, Naprosyn, Orudis, Ponstel, Relafen, Tolectin, Voltarin, etc.)
- Iron supplements (and vitamin tablets containing iron)
- Pepto-Bismol
- Fish Oil
- Vitamin E
- Ginkgo and Ginseng Supplements
- St. John's Wart
- Diet medications **must be stopped two weeks prior to receiving anesthesia**: Phentermine, Adipex, Lomaria, Qsymia. If you are not sure, please contact endoscopy center, 936-321-8910, ext 1.

Although you cannot take Aspirin or Ibuprofen, **YOU MAY TAKE TYLENOL.**

GENERAL PREP INSTRUCTIONS

You should obtain your prep as early as possible and read over the instructions your physicians' office has given you. There are some instructions that begin as early as a week out in some cases. Your Colonoscopy will be canceled if you are unprepped.

In general, for all preps, you can have **nothing by mouth, no liquids, no candy, no gum, no smoking, no chewing tobacco for 6 hours prior to your procedure.** This applies to both a colonoscopy and upper endoscopy (EGD)

For the **colonoscopy**: You should be on clear liquids the day before your procedure, this include items you can see through, juices with **no pulp**, black coffee, Gatorade type drinks, soft drinks, popsicles, jello, broths. Do not only drink water, you need the nutrients from broths and juices. Your prep instructions

also give a list. We encourage you to drink as much clear fluids as possible as it helps the prep solution to work at its best to clean your colon out. It also keeps you hydrated which will help you the next day during your procedure. Once you start your prep you will need to stay near a bathroom, keep baby wipes nearby to clean your bottom with, to keep from getting irritated from the loose stools that is produced. You should continue clear liquids up until 6 hours prior to your arrival time for your procedure.

For the upper **endoscopy (EGD)**: You may eat normally the day before the procedure, then no solid foods after midnight the night of your procedure, you may have clear liquids the morning of the procedure up to 6 hours prior to your arrival time. See the above for a list of clear liquids.

It is extremely important that you follow these instructions for intake and when to stop, you will be receiving anesthesia for the procedure, any food or liquid left in your stomach puts you at great risk for complications during the procedure.

If you have questions on your prep you may call your physician office at 936-321-0033

Or the Center at 936-321-8910