

## Instructions for Colonoscopy

- Arrange for transportation home **IN ADVANCE**. You may **NOT** drive yourself home after the procedure.
- Discontinue aspirin or aspirin containing compounds, on-steroidal anti-inflammatory medicines, Coumadin (Warfin), Presantine (Dipyridamole), Plavix, Ticlid, or other blood thinning medications 3 to 5 days prior to your procedure unless otherwise instructed.
- iron supplements, and all weight reducing medications including over-the-counter stimulants 3 days prior to procedure.
- If you are diabetic on Metformin (Glucophage), **DO NOT** take this medication the day of the preparation. For all other medicines for diabetes, be sure to get specific instructions from your doctor.
- Take your usual heart, lung, blood pressure, and seizure medications with a small sip of water early in the morning on the day of your procedure (except for the ones mentioned above).

**1<sup>st</sup> day of Preparation:** Liquid diet (ALL DAY) along with Magnesium Citrate. Any liquid is (color is not important)

**2<sup>nd</sup> Day of preparation:** **Clear liquid diet ONLY.** Drink plenty of liquids.

**Nothing solid is allowed.**

- Clear liquid diet includes: Jell-O (not red, orange, green, or blue) clear soups (chicken or beef BROTH), clear juices (apple, peach, or white grape), Gatorade (only clear or yellow), tea, coffee (without milk or creamer), 7-up, ginger ale, water, ect...
- At 12:00 PM (noon) start the gallon of golytely, half lytely, or the prescribed preparation as instructed until the contents are finished. Do not take more 3 hours to finish it. Drink a glass every 10-15 minutes and keep drinking liquids in between.
- If given Prepopik please use instructions given.
- Stop drinking liquids 8 hours prior to the procedure.

### **Day of the Colonoscopy**

Take your usual heart, lung, blood pressure, and seizure medications with a small sip of water early in the morning before your procedure.