

PREPARATION FOR A COLONOSCOPY

A colonoscopy is an outpatient procedure in which the inside of the large intestine (colon and rectum) is examined. Procedure is performed under general sedation and is painless, however there are some things you should know in order to best prepare for the procedure.

- If you have a history of **heart attack, stroke, TIA or recent vascular stent placement**, consult with your physician prior to having the colonoscopy

If you take Coumadin, Plavix, Effient, Pradaxa, Aggrenox, Aspirin or any other medication that affect your coagulation, you should discontinue them five days before your procedure. You will be advised prior to leaving endoscopy suite when you can resume these medications. If you were previously advised not to stop these medications, speak to your physician; he probably will arrange for you to take an alternative medication or decide to postpone examination.

If you are a diabetic and take medication to control your blood sugar, talk to your specialist about how to take your medication while preparing for your procedure.

THREE DAYS PRIOR TO PROCEDURE

Avoid any high fiber diet; like fruits, vegetable nuts and seeds

ONE DAY PRIOR TO PROCEDURE

Begin a clear liquid diet in the morning. This includes breakfast, lunch and dinner. You may have as much clear liquids as you like.

Drink only liquids you are able to see through: Apple juice, White grape juice, Kool Aid Sports drinks, Gatorade, Water, Tea (no cream, milk or nondairy creamers), clear broth or bouillon.

At 4 pm begin drinking the prescription bowel preparation (Golytely, Nulytely, Trilyte, Colate). The goal is to drink an average sized water glass (8 ounces) every 15 minutes, approximately one quart per hour. You should finish your preparation in 2-3 hours. .At around 7 pm take 4 (Four) tablets of Dulcolax.

Do not make plans for the evening as you will need to be near a restroom.

ON THE DAY OF THE PROCEDURE

Do not eat or drink anything after midnight on the night prior to procedure. On the day of your procedure, you should take your usual Blood Pressure medications with a few sips of water at least two hours prior to your appointment. Do NOT take Insulin, sugar lowering medications or any blood thinners, unless instructed otherwise by a physician. If you pass a brown colored stool in the morning you will need to take a fleet enema before coming to the hospital. If stool is clear you do not need an enema.

Make sure you have set aside at least three hours for the procedure (even though the exam itself only takes around 30 minutes).