


Colonoscopy Preparation Instructions

Spokane Digestive Disease Center, P.S.

Appointment Date: _____ Check-in Time: _____ Procedure Time: _____

7 Days Prior	3 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p>Stop Blood Thinners such as Clopidogrel (Plavix), Aggrenox, Ticlid, Pradaxa.</p> <p>Stop Iron supplements.</p> <p>Stop Fiber supplements and foods with skins, seeds or nuts. Tomatoes, cucumbers, corn, popcorn, wheat breads, berries, poppy or chia seeds and nuts.</p> <p>Arrange a ride. You will be sedated for your exam and must have a driver to take you home or the exam will be cancelled. Taxi or public transportation is not acceptable.</p> <p>On your procedure day, you will not be able to work, sign important papers, drive, operate equipment, drink alcohol or take sedatives for the remainder of that day.</p> <p>No out of town travel to a remote area or on a cruise ship for 1 week if polyps are removed.</p>	<p>Carefully review all of the upcoming prep instructions.</p> <p>Purchase NuLytely, Gavilyte or equivalent prep solution at the pharmacy.</p> <p>Stop - Blood thinners such as: Coumadin, Warfarin.</p> <p>Stop - Anti-inflammatory medications: Motrin, Advil and Ibuprofen. You may take Tylenol.</p> <p>Stop - Aspirin only if you are taking it for arthritis or as a general recommendation.</p> <p>Do NOT stop Aspirin if you have a history of heart disease, TIA, stroke or blood clots.</p> <hr/> <p>Appointments that are not cancelled or rescheduled 3 business days in advance will be subject to an administrative fee of \$100.00.</p>	<p>Drink 8 glasses of clear liquids throughout the day to stay hydrated.</p> <p>If you are Diabetic you may need to adjust your medication prior to the procedure. Check with your Primary Care Provider.</p> <hr/> <p style="text-align: center;">Confirm your ride</p> <div style="text-align: center;">  </div> <hr/> <p>Failure to follow the instructions correctly may result in cancellation of your procedure.</p>	<p>Clear Liquid Diet (See handout)</p> <p>NO SOLID FOODS</p> <p><u>5:00 – 7:00 PM</u> Begin drinking 1/2 of the prep solution. Eight - 8oz. glasses Drink one 8oz glass every 15-30 minutes until half of the solution is gone.</p> <p>If you feel full, become nauseated or vomit, you can take a 15-20 minute break and resume drinking the prep when the symptoms subside.</p> <p>Continue to drink other clear liquids. Do not consume sugar-free beverages.</p> <p>If you are unable to keep any of the prep down please call:</p> <p style="text-align: center;"><u>(509) 838-5950</u></p>	<p>Take your regularly scheduled heart, blood pressure or seizure medications.</p> <p>At _____ resume drinking all of the remaining prep solution. 8 - 8oz glasses.</p> <p>The final results should be clear yellow or green resembling chicken broth or lemonade with no solid stool.</p> <p>Continue to drink clear liquids until _____.</p> <p>Nothing by mouth 4 hours prior to your procedure time.</p> <p>Be sure to bring:</p> <ul style="list-style-type: none"> ✓ Co-pay/Deductable ✓ Insurance Card ✓ ID/Driver License ✓ List of your current medications ✓ Asthma Inhalers <p>Leave valuables at home!</p> <p>Your DRIVER will need to sign you out of the facility and must be available in our waiting area during and upon completion of your procedure.</p>