

## DIGESTIVE DISEASE SPECIALISTS

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### PATIENT INSTRUCTIONS FOR COLONOSCOPY

- **MEDICATIONS**

If you take any blood thinners or antiplatelet/anticoagulation medications such as Aspirin, Warfarin, Plavix, Xarelto, Pradaxa, Eliquis, Savaysa, Arixtra, Angiomax or similar medication, please ask your doctor for instructions on how to take these drugs prior to your procedure.

Tylenol (acetaminophen) may be taken.

Oral diabetic medications and regular insulin should be stopped the day before the procedure.

Other medications should be taken without interruption, even on the procedure day.

If you are unsure about a specific medication, please ask your doctor.

- **DIET**

On the day prior to your colonoscopy, you should consume clear liquids only. Do not drink anything you cannot see through. Clear liquids include: tea, diluted coffee, Jell-O, bouillon, 7up, ginger ale, water, apple juice, Gatorade, and popsicles.

Avoid the color red and purple, milk, orange juice, grape juice, and other non-clear liquids.

DO NOT eat anything the day of the colonoscopy!

- **PREP RX**

A prescription for the cleansing solution (**Suprep**) was sent electronically and should be purchased at your local pharmacy. Suprep contains two 6 ounce bottles and a cup. Please do not mix the prep until you need to drink it.

- **PREP DIRECTIONS**

The day prior to the procedure, at about 6pm, pour one 6oz bottle in the container and fill to the top line with lukewarm water. Drink this at a steady rate, and follow it with at least two 8 oz glasses of clear liquid. This is a *necessary* step to ensure adequate hydration. If you become nauseated or vomit some of the solution, wait for 30 minutes, then restart drinking the remaining solution again at a slower pace.

Repeat the same process the morning of your procedure. Begin drinking the second dose no later than four hours before you check in.

- **DIET**

DO NOT eat or drink anything after midnight the day of your procedure (or after you finish drinking the cleansing solution the day of the procedure). You may have water the night before. The medications you need to take must be taken at least one hour before you start drinking the cleansing solution. If you have diabetes and your blood sugar level is low, you may drink regular (non-diet) clear soda, such as 7up or Sprite.

- **CHECK IN**

Arrive at the facility admitting one hour prior to your scheduled procedure. Get to admitting through the main door of the facility. Be prepared to stay at the facility for 1 ½ to 2 hours total.

- **TRANSPORTATION**

You must have someone drive you home after the procedure, as you will not be able or permitted to drive until the next day.

- **QUESTIONS**

If you have any questions or problems regarding the procedure or preparation, please call us at (928) 445-4066. If you must cancel, please call us as soon as possible, preferably 48 hours before your scheduled procedure.

SURGICAL FACILITY: \_\_\_\_\_

PROCEDURE DATE: \_\_\_\_\_ TIME : \_\_\_\_\_ (Please arrive an hour early)

**IMPORTANT NOTE:** Please note that this office does not and cannot possibly guarantee that your insurance will cover scheduled procedures. We believe your procedures(s) are medically necessary. For more information, please check with your insurance about coverage for procedure CPT code \_\_\_\_\_. Your insurance's telephone number(s) are listed on your cards.