

INSTRUCTIONS FOR COLONOSCOPY

One week before your colonoscopy, go to the pharmacy and fill your prescription (PREP). Please call our office if you did not receive a prescription.

Arrange for a responsible adult to drive you home. If you do not have an adult escort, your procedure will be cancelled and rescheduled.

Do you take iron pills? If you do please discontinue 7 days before your appointment. Multi-vitamins with iron are okay. **Please avoid nuts, seeds and corn 5 days before your test.**

If you take COUMADIN, please stop 3 days before your appointment. If you take PLAVIX, stop 7 days before your appointment. If you take XARELTO or PRADAXA , ELIQUIS PLEASE STOP 2 DAYS PRIOR.

Do you have diabetes? See attached sheet.

Pregnant or think you may be? Bowel cleansing products have not been researched/tested on pregnant women. Please let us know if you wish to reschedule the procedure.

_____ (one day before) you will be on a **CLEAR LIQUID DIET** (water, clear broth or bouillon, coffee or tea without milk or non-dairy creamer), Gatorade, Pedialyte, carbonated & non-carbonated soft drinks, Kool-Aid or other fruit-flavored drinks, strained fruit juices (no pulp), Jell-0, popsicles and hard candy. **NO SOLID FOOD. AVOID ANYTHING RED OR PURPLE**

You must drink at least 8 to 10 glasses of clear liquids (NOT JUST WATER) throughout the day.

After 5:00 pm, you may begin drinking your PREP. Please mix prep with Gatorade. You will need to drink 1 glass (approximately 8 ounces), every 15-20 minutes, until half of the PREP is complete.

If you get nauseated or too full – please stop for 30 minutes and start again, if you feel worse, call the doctor.

Over the course of the evening, drink an additional 1-liter (32 ounces) of clear liquid.

_____ the day of your procedure at _____ am. drink the other half of your PREP.

You MUST continue to drink clear liquids up to 2 hours before your procedure.
Drink an additional 1-liter (32 ounces) of clear liquid (NOT JUST WATER)

If you take heart or high blood pressure medication, please take them as usual.

If you take diabetic medication, do not take it the morning of your test. You may bring it with you to the facility.

_____ (the day of your test) you need to arrive at Gilroy Endoscopy Center/St Louise Hospital at _____ am and check in at the admitting department.

Please contact our office at 408-847-1311 if you have any questions.

If scheduled at SLR please go to hospital and pre-register