

# **TWO DAY PREPARATION FOR COLONOSCOPY**

## **\* FOLLOW THESE INSTRUCTIONS - NOT INSTRUCTIONS IN PREP KIT**

### **A. MORE THAN TWO WEEKS BEFORE YOUR PROCEDURE:** Inform the office (631) 751-8700 IF:

1. You are diabetic.
2. You are allergic to latex.
3. You take blood thinning products (Coumadin, Plavix, Aggrenox, Brilinta, Pradaxa, Pletal, Brilinta, Ticlid, Trental, Effient, Xarelto, Eliquis).
4. You have a prosthetic heart valve, a history of endocarditis, vascular graft, prosthetic joint replacement within the last 12 months. You may need antibiotic coverage for your procedure.
5. Make sure you have a responsible party to take you home after the procedure. We may cancel the procedure if you do not have a responsible party to take you home.

### **B. ONE WEEK BEFORE YOUR PROCEDURE:**

1. Do not take iron, iron-containing compounds, Vitamin E, fish-oil, Advil, Motrin, ibuprofen, Aleve, naprosyn. You may take Tylenol (acetaminophen).
2. If you are taking aspirin 81 mg/day (baby aspirin) you should CONTINUE this unless instructed otherwise.
3. Blood work should be done 7-14 days prior to the procedure. A pregnancy test should be done less than 7 days prior to the procedure if you are a woman of child bearing age.
4. Avoid fruits/vegetables/supplements with seeds: e.g. tomatoes, kiwi fruit, caraway, flax, poppy, sesame and corn.

### **C. INSTRUCTIONS:**

1. Begin a clear liquid diet 2 days prior to your colonoscopy. Stay on this diet for the 2 days prior to your procedure. Do not eat solid food. Drink at least 8 glasses of clear liquids. These should not be red or purple. Examples include: apple juice, water, clear broth or bouillon, Gatorade, Snapple, carbonated soda, jello, ice popsicles, black coffee, black tea (sugar or sweetener is allowed but NO milk/creamer). It is very important that you stay well hydrated. Call the office if you have problems or questions with the prep.
2. Two nights before your colonoscopy, take Citrate of Magnesia 8 oz. at 5 PM. On occasion, we may recommend a different laxative for this step of the preparation. Please follow the instructions for whichever laxative you are instructed to take.
3. You will need to take a second prep the night before your colonoscopy as well. Please discuss this with our office and follow the instructions for that preparation.

### **THE DAY OF YOUR PROCEDURE: DO NOT EAT ANY FOOD**

**\*\* Please refer to the instructions provided on the second preparation you are required to take.**

1. **You may not drink anything less than 6 hours before your procedure.** No gum or candy. You may brush your teeth.
2. Take your usual morning medications with a **sip** of water.
3. Wear loose fitting clothes. Do not wear contact lenses, jewelry or make-up. Remove tongue piercings.
4. Bring **inhalers** with you.
5. Bring your **glasses case** with you.
6. Contact the office if you have questions or your physical condition changes (cold, fever, illness) (631) 751-8700.
7. We may **cancel the procedure if you do not have a driver to take you home.** Your driver will need to sign your discharge papers. You may **resume your normal diet** after the procedure. You **may not drive for the rest of the day/night.** You may **resume normal activities** the next day.