

# INSTRUCTIONS FOR COLONOSCOPY

Please read carefully and follow instructions completely

PROCEDURE DATE: \_\_\_\_\_

AT: MARTIN CENTER  
3901 S. FREMONT  
SPRINGFIELD, MO

COX SOUTH  
WEST PAVILION  
3801 S. NATIONAL  
SPRINGFIELD, MO

CHECK-IN TIME: \_\_\_\_\_

PROCEDURE TIME: \_\_\_\_\_

## Current Medication Instructions:

1. If you take **Coumadin, Plavix, Effient, Brilinta, aspirin, iron pills, vitamin E, or fish oil** you need to stop **5** days before the procedure.
2. If you are taking **Coumadin, Plavix, Effient, Brilinta**, please contact your prescribing physician for instructions on bridging your blood thinner while off the coumadin
3. If you take **Pradaxa**, you need to stop taking **2** days before the procedure.
4. If you take heart or blood pressure medications, continue as usual.
5. If you are diabetic, call the doctor who treats your diabetes for specific instructions.
6. Please notify us if you have had a **Cardiac Stent** placed within the last year & are currently taking **Plavix, Effient, Brilinta, or Pradaxa**.
7. Do you have a **cardiac defibrillator or pacemaker**? Please contact our office.
8. If you take **Xenical** please discontinue use for **48** hours prior to procedure.

❖ **You will be sedated and need a driver.** It is not safe for you to drive yourself. Please allow **4 - 6 hours** to be at the facility for preparation, procedure and recovery time.

Follow these steps beginning the **day before your procedure**:

1. At **8:00am** you will start a clear liquid diet. Examples of clear liquids are included in this packet. **(NO RED LIQUIDS)**. Correct liquid diet is very important.
2. At **12:00 NOON** take **4** (four) **Dulcolax laxative tablets**. These do not require a prescription.
3. At **6:00pm** take the Reglan pill to settle your stomach.
4. At **6:30pm** start drinking 8 ounces of **Electrolyte Solution** every 10 minutes until the solution is **half gone**. At this point, if your return is clear to yellowish you may discard the remaining solution. It is very important to stay on schedule to be adequately prepared for your exam. However, if you become sick, you may take a brief break. (10 – 15 minutes)

❖ You may have clear liquids until \_\_\_\_\_ the morning of your procedure.