

Instruction for the following procedures:

Colonoscopy Rectal Ultra Sound Sigmoidoscopy
 Upper Endoscopy Endoscopic Ultra Sound Other
_____ pCLE Dilation

You must arrive ONE HOUR PRIOR to your procedure for registration.

NOTE: You will receive conscious sedation and will need an adult 18 years or older to drive you home. Please note that the hospital will not release you to a public taxi service or car service.

If you need to change or cancel your appointment, please notify our office 24 hours in advance.

Please review medications with your primary care physician prior to your procedure; you may have to change your medication routine if you take anti-coagulants, diabetic medication, or iron supplements.

For the colonoscopy to be thorough and safe, your bowel must be completely empty. So, to prepare for the procedure you must follow a clear liquid diet the entire day before.

Some examples of acceptable liquids are:



Water



Fat Free Bouillon or Broth



Strained Fruit Juices, Lemonade, or Limeade



Plain Coffee / Plain Tea



Seltzer / Diet Soda



Jell-O

Some examples of prohibited liquids:

- Milk
- Alcohol
- Anything colored red or purple



Along with following a clear liquid diet, you will also have to obtain a prescription or over the counter bowel preparation. Depending on your insurance, there are different versions you may be required to do.

Below are the instructions for common bowel preparations we prescribe.

SUPREP/MOVIPREP/PLENVU/CLENPIQ BOWEL KIT (PRESCRIPTION)

- Take first serving at 5pm the evening before your procedure.
- Take the second serving 5 hours before your procedure.

Drink water while prepping to stay hydrated, however, nothing by mouth four hours before your procedure, not even water.

GOLYTELY (PRESCRIPTION)

- Beginning at 5pm the evening before your procedure, drink 8oz every 10 minutes until the jug is completely empty.

Drink water while prepping to stay hydrated, however, nothing by mouth four hours before your procedure, not even water.

MAGNESIUM CITRATE (OVER THE COUNTER)

- Drink 15 fluid ounces at 6pm the evening before your procedure.
- Drink another 15 fluid ounces 5 hours before your procedure.

Drink water while prepping to stay hydrated, however, nothing by mouth four hours before your procedure, not even water.

NOTE: If your prescription is not ready for pick up one week prior to your procedure, please contact the office and we will call it in for you right away.

Medication Instructions:

- The procedure you've been prescribed prohibits the consumption of certain medications. Do not take any iron supplements, omega 3 fish oil, or anti-inflammatories such as **Motrin, Ibuprofen, Aleve, or Aspirin** for **5-7 days** prior to your procedure.
- If you are on any anti-coagulants such as **Warfarin, Coumadin, or Plavix**, or any **diabetic medication**, contact the prescribing physician to obtain clearance, and get directions on how to take it prior to your procedure.
- If you are required to take medications in the morning that do not conflict with this list, you may do so with a small sip of water prior to your procedure.

If you have any more questions regarding your procedure, please notify the office and we will be happy to assist you.