

General Instructions for Colonoscopy
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1. Three days prior to colonoscopy:

- Begin low residue diet*

2. One day prior to colonoscopy:

- Continue low residue diet for breakfast.
- Begin clear liquids** only after breakfast. **No solid food after breakfast until after colonoscopy.**
- Start your colonoscopy prep as per separate instructions.

3. Day of colonoscopy:

- Stay on clear liquids only.
- Drink the remaining of your prep as per separate instructions. Begin drinking approximately 4-5 hours before colonoscopy and finish 2-3 hours before the procedure.
- Do not drink or eat anything after the aforementioned prep.
- Arrive for the procedure 30-45 minutes prior to scheduled time.

4. How to adjust your medications before colonoscopy?

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| • Warfarin (Coumadin): | <input type="checkbox"/> Stop 3 days prior to colonoscopy. | <input type="checkbox"/> May continue without interruption. |
| • Rivaroxaban (Xarelto): | <input type="checkbox"/> Stop 2 days prior to colonoscopy. | <input type="checkbox"/> May continue without interruption. |
| • Dabigatran (Pradaxa): | <input type="checkbox"/> Stop 2 days prior to colonoscopy. | <input type="checkbox"/> May continue without interruption. |
| • Clopidogrel (Plavix): | <input type="checkbox"/> Stop 5 days prior to colonoscopy. | <input type="checkbox"/> May continue without interruption. |
| • Prasugrel (Effient): | <input type="checkbox"/> Stop 7 days prior to colonoscopy. | <input type="checkbox"/> May continue without interruption. |
| • Ticagrelor (Brillinta): | <input type="checkbox"/> Stop 5 days prior to colonoscopy. | <input type="checkbox"/> May continue without interruption. |
| • Apixaban (Eliquis): | <input type="checkbox"/> Stop 3 days prior to colonoscopy. | <input type="checkbox"/> May continue without interruption. |

5. Avoid over-the-counter medications (Advil, Motrin, Ibuprofen or other NSAIDS such as Celebrex, Naprosyn, Indocin, etc.) for 5 days prior to colonoscopy. You may use Tylenol instead. You may continue aspirin.

6. Stop taking oral iron 5 days before the colonoscopy.

7. **Oral diabetic medications:** On the evening prior to colonoscopy take half of the dose. Do not take diabetic pills in the morning on the day of colonoscopy.

8. **Insulin:** On the evening prior to colonoscopy take half of your insulin dose. Do not take insulin on the day of colonoscopy.

9. If the colonoscopy is scheduled for the afternoon, continue to take your morning medications.

10. Other Instructions:

- Because sedation will be used for the colonoscopy, you will not be able to drive for 8 hours after the procedure. Please have someone drive you to and from the endoscopy suite.
- Please call us in advance if you need to cancel or reschedule the procedure 610-974-9540.

* Low residue diet: Please see instructions on the separate page.

**Clear liquids: Liquids one can see through: juice, water, tea, soft drinks, jello. Liquids that are red should be avoided.