

COLONOSCOPY PREPARATION

For the best exam possible, your colon must be clean. Your preparation will begin the day before your procedure. Please read the instructions carefully before you begin.

- Hold Plavix, Lovenox SEVEN DAYS prior to procedure.
- Coumadin/Warfarin FIVE DAYS prior to procedure - with PT and PTT within 24 hours.
- Hold iron FIVE DAYS prior to procedure.
- Hold aspirin 325 mg FIVE DAYS prior to procedure.
- Hold vitamins C and E TWO DAYS prior to procedure.
- Hold anti-inflammatory medications TWO DAYS prior to procedure. (Tylenol okay to take.)
- If DIABETIC, please half dose your medications starting from the day before your procedure. If further questions, please refer to your primary care provider.

Starting on

___/___/2016

ALL DAY

You may start clear liquid diet from the time you wake up in the morning.

NO SOLID FOOD. NO EXCEPTIONS.

CLEAR LIQUIDS INCLUDE:

- water
- broth/bouillon
- coconut water (NO PULP)
- clear juices (NO PULP) - apple, WHITE cranberry, WHITE grape
- coffee (BLACK - no creamer, no dairy products)
- tea hot or cold, sugar or honey ok (no dairy products)
- sports drinks - clear only no green, purple or red
- clear carbonated soft drinks - Sprite, 7up, Ginger Ale
- yellow gelatin (no toppings)
- You may use menthol lozenges to help tolerate prep (Halls cough drops - CLEAR ONLY).

☹ **DO NOT have dark liquids (blue, green, orange, purple, or red)**

☹ **DO NOT consume solid foods, dairy products, and cloudy liquids.**

STOP ALL CLEAR LIQUIDS AFTER MIDNIGHT*

*Continue bowel prep medication at indicated times