

## Colonoscopy Instructions

In addition to these instructions, your doctor will provide you with prep instructions. You must take a prep prior to your colonoscopy.

### **The weeks leading up to your Colonoscopy:**

- If you are taking a blood-thinning medication, please check with your doctor who prescribed the medication before stopping it.
  - 7 days Prior to Your Procedure:
    - Stop taking all anti-platelet medications: Plavix (clopidogrel), Pletal (cilostazol), Ticlid (ticlopidine), Aggrenox (aspirin/dipyridamole), Agrylin (anagrelide), or Effient (prasugrel).
  - 5 Days Prior to Your Procedure
    - Stop taking Coumadin (warfarin), NSAIDS like Motrin/Advil (ibuprofen) or Aleve (Naproxen), fish oil, and iron supplements.
  - 2 Days Prior to Your Procedure
    - Stop taking Pradaxa (dabigatran), Xarelto (rivaroxaban), Eliquis (apixaban).
- If you take aspirin 81mg daily, you may continue to take this medication.
- Purchase your prep and prep related supplies.
- Arrange for a ride, as you must have someone drive you home.

### **On the day BEFORE your Colonoscopy:**

- You should drink only CLEAR liquids. Clear liquids include: Gatorade, iced tea, water, black coffee or tea, apple juice, clear chicken broth or beef broth, jello, popsicles, ginger ale, etc. If you cannot see through it, it is NOT a clear liquid. Please avoid red jello and popsicles.
- You may NOT eat food.
- You may NOT drink milk, smoothies, or juices such as pineapple/orange juice.
- Follow your *prep instructions*.

### **On the DAY OF your Colonoscopy:**

- Nothing to eat!
- Nothing to drink unless directed by your prep instructions (for example, patients scheduled for the afternoon may need to finish their prep the morning of their procedure).
- You should NOT chew gum, do not use mints or suck on candies or ice chips!
- You may take your blood pressure and heart medications with a small sip of water.
- Bring a list of medications and any allergies you have with you.
- **You must have a ride home from an adult who will be responsible for you.** You may NOT take public transportation or ride services (such as Uber, Lyft) without a responsible adult to accompany you.
- You may not drive, operate machinery, or return to work until the next day.

If you have any questions regarding your prep or these instructions, please call our office at (856) 237-8045.

**YOUR PROCEDURE WILL BE CANCELED IF YOU DO NOT HAVE TRANSPORTATION HOME!**