

PREP INSTRUCTIONS FOR COLONOSCOPIES

Medications:

- You will need to stop all blood thinners/anti-coagulants prior to the procedure. Please discuss this with the prescribing physician to avoid serious complications.
- Stop all aspirin and non-steroidal medications (Motrin, Aleve, Advil, Ibuprofen, Naprosyn, Daypro, Relafen, Celebrex) at least 7 days prior to the procedure.
- Stop any herbal supplements for 7 days. Garlic oil/pills – two weeks.
- Stop any over the counter or prescribed diet pills – two weeks prior to the procedure.
- Stop all iron supplements and vitamin E-7 days before the procedure.
- If you are diabetic, check with your prescribing doctor as you may need to adjust your medications or insulin prior to your colonoscopy.

Diet:

- Start a clear liquid diet in the morning the day before your procedure. (clear liquids are those you can see through and do not have any particles or pulp, for example: Coke, Pepsi, 7-Up, Sprite or other clear sodas. **NOTHING RED OR PURPLE!**)
- Tea or coffee – you may have sugar/sweetener in it, but no milk products.
- Jell-O
- Clear broth, chicken, beef or vegetable.
- DO NOT eat or drink anything after midnight.
- If you must take prescription medications the morning of, take with only small sips of water, enough to get the pills down.

Laxative Instructions:

- You will take the laxatives the day before your procedure.
- These laxatives produce watery stools, which cleanse the bowel before the colonoscopy.
- You may feel bloated or distended before the bowels start to move.
- SEE ADDITIONAL INSTRUCTIONS THAT COME WITH YOUR PREP.
- Apply Vaseline to your rectum after each bowel movement to prevent raw skin.

If for ANY reason you have trouble completing the colon prep, or if you have any questions about the procedure, please contact our office at 815-744-0330.